SECRETS
OF
ALEXIS
OF
PIEMONT

183(1), 184, 186

L. xv
16/2

STC 296; 300; 305

PV. II. is a mixed ed.
only first 10 leaves are 1560.
the remainder from a later ed.)

4534

The secretes of the

reuerend Maister Alexis of Piemont. Containing excellent remedies against diuers diseases, woundes, and other accidentes, with the maner to make distillations, parfumes, con-

Alexis of Piemont. Secretes containing excellent remedies against divers diseases, woundes, and other accidents, etc. newly corrected and amended, translated oute of Frenche into Englyshe by Wm. Warde (parts I-III), black letter, *some ll. stained, wants end of table in part III, old calf (back missing)* *R. Hall for N. Englande*, 1562

the fyrst edition. Translated oute of Frenche into Englyshe, by William Warde.

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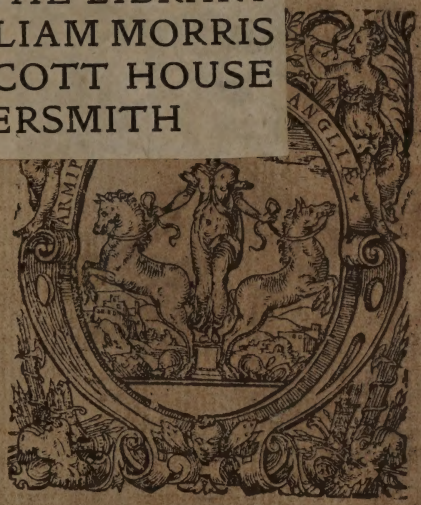

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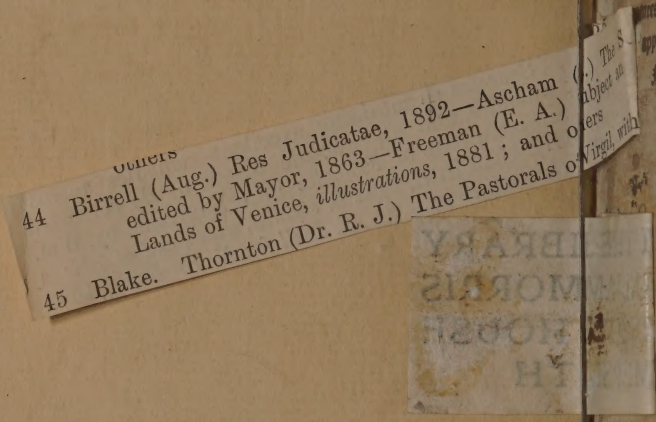
1562.

John Carstens His Book

1709


44 Birrell (Aug.) Res Judicatae, 1892—Ascham (
edited by Mayor, 1863—Freeman (E. A.)
Lands of Venice, *illustrations*, 1881 ; and o
45 Blake. Thornton (Dr. R. J.) The Pastorals o

The secretes of the

reuerend Maister Alexis of Piemont. Containing excellent remedies against diuers diseases, woundes, and other accidentes, with the maner to make distillations, parfumes, conf[illegible]tures, dyinges, colours, fusions, and meltinges. A worke well approued, verye profitable and necessarie for euerye man. Newely corrected and amended, and also somewhat enlarged in certaine places, whiche wanted in the fyrst edition. Translated oute of Frenche into Englyshe, by William Warde.

Prynted at London by Rouland Hall, for Nycolas England, dwellynge in Pater noster rowe.

1562.

John [illegible]
His Book
1709

Samuel Whitteron
July 17th 1814

To the right honorable lord

the Lord Russell, Earle of Bedforde: Wyllyam Warde wisheth health, longe lyfe, with muche encrease of vertue and honoure.

IT is not vnknowen vnto you (righte honorable) that when God by his diuine power and might, created and made al thinges of nothing, hauing neither frame nor moulde, nor material substaunce to fashion his worke by, but only his word, will & eternall prouidence, did not onely giue a being & encrease vnto euery thing, but also a nature and operation, for the commoditie and profite of man, to whom he hath made all thinges subiect, constituting him ruler of his whole worke: wherein not only growing on the face of the earth, but also in the bowels of the same, he hath planted things salutiferous & healthfull for man, as herbes, trees, fruites, stones, rootes, waters, Iron tinne, leade: yea, and the dewe of the ayre, so that nothing is vnprofitable, no not the very dunge of beasts, and byrdes, but that it hath some wholesome operation for mans health. In al these thing are certain secret vertues, which be manifest signes of gods loue and fauoure towardes man: for he created them to the intent that men shoulde vse them, glorifie him, and giue hym thankes for them. And because the vse and knowledge of them, and their vertues is expedient for al creatures God of his mere goodnes, hath not onely geuen vnto the diligent searchers thereof, the gifte of perfit vsage and vnderstandyng of their operation in thys tyme of Christianitie: but also vnto Infidels before Christ, being ignorant from whence that gift came: who, notwithstandinge their ignorannce, did so reuerence the wonderfull vertues of thinges created in the worlde, that they thoughte ỹ eche of those things had had in it selfe a certayne diuine power, or els that there was of euery thynge a seuerall God or Creatour. Now if they gaue suche honour vnto thynges created not knowing

the Creatoure, what woulde they haue done, yf they had knowen and confessed God to haue bene the onely maker of the worlde, of man, and of al thinges therein, of nothing? Truly they woulde not haue done as some curious Christians amonge vs nowe a dayes do, which (as your honoure well vnderstandeth) moste impudently despise all maner of medicines, and ignorauntly dispute agaynst the vertues and operation of herbes and trees, sayinge: that if the sicke man be appoynted of God to dye, all the medicines in the worlde can not saue his lyfe. Wherevnto it maye easely be answered, that euery man that is vexed wt a disease, is not apointed of God to die of the same: but the infirmitie is sent him as a punishment for his offences, and yet hath god created thynges to geue him ease & remedy for his disease, whiche no Christian man ought to contempne or dispise: for he that dispiseth the worke, semeth to contempne the workeman. Agayne, because that the appoyntment and determination of God, concernynge the lyfe and deathe of man, is so secrete, and so farre beyonde the capacitie of mannes reason, and vnderstandinge, and that we knowe not whan God hath prefixed the terme of oure lyfe, we vse in oure infirmities and weakenesse, those remedies that God hath created to be receyued at their handes, to whome he hath geuen the knowledge howe to minister them vnto vs. All these thynges are abundauntlye ynough knowen vnto your honoure, with a great manye more reasons then I am able to alledge, and therefore I do but bring Owles to Athens, in declarynge this vnto you. But thus muche I maye well saye, that moste madde are they, and voyde of reason and Christianitie, that wyll set so lyghte by the workes of God: yea, they are vnprofitable membres of a common wealth, not worthy to beare the name of Christians, for by their fonde and false perswasions to the ignoraunt and simple ones in their diseases, agaynst the receyuyng of any medicines manye tymes it chaunceth, that they folowinge their folyshe

foolishe aduise in neglectinge Phisicke, they be cast a-waye and perishe, whiche otherwise might haue been saued. We thinketh this shoulde boe sufficient to perswade them to embrace good and wholesome remedies: They see dayly that herbes, oyntmentes, plaisters made of thinges growing on the earth, and suche lyke by theyr vertues, doe cure and heale externall and outwarde woundes, soores, cuttes, swellynges, and other infirmities of the bodye, and yet they wyll not beleue that suche vertues can heale the internall and inwarde diseases. Utterly ignorannte be they, that so imagine with them selues, for they that despise Phisicke, dispise a heauenlye science. But what be they that thus contempne it? Forsoth ignorannt and vnlearned men, that barke at, and backebyte them that take paynes for the commoditie of all men. But it is commonlye seene and proued. Scientia non habet inimicum præter ignorantem. Whiche sayinge (I feare me) is verified more in some of vs Englishe men, than in any other nation, I woulde God it were not. And yet I thynke there is no man so bestiall, so rude, or so blunte of witte, but that he is (by a certayne instinct of naturall inclination) desyrous to knowe thinges not before knowen, to heare newes not before heard, and to vnderstande Bookes in his maternall tongue, written firste in forein language, to the ende not to seeme altogether ignorannt in matters both of the liberall sciences, and also of Histories, set forthe for his rudiment and instruction, as in Cosmographie, in Astronomye, in Philosophie, in Logike, in Rhetoricke, and specially in Phisicke, whereof we had neuer so muche neede as in these oure dayes, considerynge the straunge and vnknowen diseases that swarme amonge vs, and mo in number then can be founde remedye for.

Therefore considerynge with my selfe (right honorable) that I coulde not better declare my bounden duetye vnto you, nor doe my countrey a greater pleasure, than to put some thynge abroade vnder your honours

name, whereby it myght receyue some commoditie: I haue taken in hande to translate this noble and excellent worke called. The Secretes of the reuerende Maister, Alexis of Piemount, firste written in the Italian tongue, and after tourned into Frenche, and of late into Dutche, and nowe last of al into English, because that as well Englishe men, as Italians, Frenchmen or Dutchmen, maye sucke knowledge and profit hereof: being a worke come out of the handes of so famous a man as Alexis is, and dedicated fyrst to such a noble prince as the Duke of Sauoye is, to whome trifles or fables are not to be presented, nor beynge a man vnder whose name and protection lyes or vayne inuentions ought to be sette forth.

Therefore wayinge the age, the learnyng and fame of the authour, and the nobilitie of the sayde Prynce, men may easely iudge, that suche intollerable paynes haue not bene taken in the collection of these secretes to blowe an vntruth into mens eares, but rather this booke hath bene published and communicated to the worlde by the sayde Alexis, for the care and good zeale that he had to the health of mennes bodies, and that men of all countreys mighte haue the knowledge of that with ease, sittinge at home in their studyes, whiche he gotte with greate trauayle and labour, wanderyng almoste all the worlde ouer, as in his epistle here to the reader he declareth.

And nowe (right honourable) like as Christopher Plantine of Antwarpe, the Printer of this worke in Frenche, chose the Prince of Piemount, to protecte and adourne the fruites of his labours, vnder the honoure of his name: euen so I the translatour hereof into oure Englishe tounge, haue thoughte it my duety (with your honours fauour) to presente this my translation vnto you, and to putte it forth vnder your honours name and protection, desiring, and humbly requiring the same, to accept my poore good wyl, hauing good hope that you shall finde suche thinges in the dis-

course

course of the whole booke, that you wil not onely take pleasure in the knowledge of them: but also commoditie, if it please you to put in experience & proofe, those that seme most best vnto you: whereof there bee some as excellente and as easie, as were euer sette forthe in any tounge, as by your honours wisedome and iudgement, in the reading you shal easely perceiue. I am not able sufficiently to praise the excellencie of the booke, & the diligence of the authour, ner to extole the wonderfull giftes of God in men, which according to their talent, imparte to the worlde the encrease and fruite of such giftes, as he distributeth vnto them.

Of the which giftes, I thinke I should not much erre, if I sayde Phisicke to be the best and the most necessarie. Nam si corporum nostrorum, & tranquillitatis vitæ (quæ sine secunda valitudin vix esse potest) rationem habere volumus, fatebimur medicinam excellentissimam, mortalibus necessariam esse.

And euen so Cornelius Celsus, which wrote most excellent Bookes of Phisicke, affirmeth sayinge. Alimenta sanis corporibus agricultura promittit: sanitatem autẽ ægris medicina: & idcirco deo optimo maximo gratias habere debemus, qui vitam nobis elargitus est: deinde medico, qui eam nobis conseruat, diuturnioremque facit.

All this learninge and knowledge doe the Greeke Authours affirm to be most auncient, & most necessary in a common wealth. For as it is desyred of all men to liue in health of bodye, so is it requisite that medicines, bothe the preseruatiue and curatiue, be had and vsed amonge men, which not onelye comforteth the infirme and diseased body, but also putteth the soule in remembraunce of gods great power & might, that hath geuen suche vertue vnto thinges growynge on the earth, for mans commoditie, preseruation, and health: whiche health I pray God longe to remaine with you, and all your familie, with much encrease of vertue and honoure, vnder the protection of almyghtye God.

Your humble seruaunt
William Warde.

Don Alexis vnto the gen-

tle Reader.

THey that haue knowen me in tyme past, or to speake plaine, haue vsed me familierly all my lyfe tyme, can peraduenture, tell howe God by his greate goodnes, hath made me to be borne of a noble house and bloode (according to the common, I will not saye vayne, persuasion of them, that stablish nobilitie more in the merites of another man, than in our owne) and that besides this I haue alwaies had my pleasures, and great plentie of richesse, yea farre passing the smalnes of my deserts. I will say yet more (not to boast or to auaunce my self, but to the ende to reforme the gentle reader, and to geue thankes vnto God) that there be many which knowe, howe I being geuen euen from my first youth vnto study, haue gotten not onely the knowledge of the Latin, Greke, Ebrue, Caldei, & Arabic tongue, and also of diuers other nacions and countreis: But aboue al thing hauing by a natural inclination, taken a singuler pleasure in Philosophie, and in the secretes of nature, haue wandered and trauailed abroad in the world the space of. xxbii. yeares, to the intent to acquaint my self with al sortes of learned and discret men. By the whiche diligence and curiositie, I haue learned many goodly secretes, not alonely of men of great knowledge and profound learning, & noble men, but also of poore women artificers, peysantes, and al sortes of men. Moreouer I haue ben thre times in Leuant, and sondrie times haue trauailed almost al other partes of the world, without resting or soiourning at any time in one place aboue. v. moneths. Now this my study and desire of knowledge, as wel of the vniuersal sciences, as of particuler secretes, and although it was geuen vnto me by nature, as to the most part of men (for euery man by an instinct of nature desyreth to knowe things) yet haue I alwayes

been

been noseled vp by a certaine ambition and vainglorie to knowe that, whiche another shoulde be ignorannte of: whiche thing hath grafted in me, a continuall niggardnesse or sparing, to distribute or communicat any of my secretes, yea vnto my most singuler frends that I had: saying, that if the secretes were knowen of euery man, thei should no more be called secretes, but publike and common.

Now it chaunced these fewe dayes past being in Milan: in the foure skore and two yere, and seuen monethes of mine age, that a poore artificer was meruelously tourmented with the stone, and had ben two dayes without making his vrine. The Cyrurgen that dressed him, knowing wel that I had manye secretes, and singulerly for the stone, came to me, & requested me that I woulde teach him the receipt, or at the least, to giue him ỹ medicine composed & ready made, for the health of the Patient. But I perceyuyng that he woulde vse other mennes thynges for hys owne profite and honour, refused to giue it him, but willed him to bringe me vnto the sick man, and that I my self would minister the medecine vnto him gratis. The Phisition, either fearinge blame if it shoulde be knowen, that he had recourse to the aide of an other man, hauinge peraduenture bosted that he had the secret him self, or els in the meane time, stil to make his profite in dissembling the matter, and differring it yet two dayes more, with diuers excuses and colours, vntill he brought me to the Patient, whome at my comming I founde so nigh hys ende, that after he had a litle lifted vp his eies, casting them pitiouslye towarde me, he passed from this into a better life: not hauing any nede, neither of my secrete nor any other receipt to recouer his health. With this cace I was moued to suche a compassion and sorowe, that not onely I wished my self euil, but also I desired to die: seing my ambition and vain glory to haue been the cause that this poore man was not succoured with the remedie, and gift that God the father, and Lord of

vs all had geuen me. Wherefore so great was the remorse of conscience in me, that desyring to sequestrate my self frō the worlde, and not finding my self of suche a disposition of minde, that I coulde liue in a Monasterie emonge religious men, better edified then I, I was at the last fully resolued with my self, to chose a place separate from anye towne, where I haue a lytle lande, some bokes, and a studye, for to auoide idlenes. Here I liue a life, which I call a Monkes life, with one seruaunt, which goeth to the towne, not to begge, but to bye my prouision, and other thinges necessarye: for to sustaine his poore life and mine, as longe as it shall please God.

But yet not hauing the power to put out of my fantasie, but that I was a verye homicide and murtherer for refusing to giue the Phisition the receipt and remedie, for the healinge of this poore man, I haue determined to publishe and communicate to the worlde, all that I haue, being assured that fewe other men haue so many as I. And minding to set forth none, but such as be moste true and proued, I haue these dayes paste (taken partly out of my bookes, and partly out of my memorie, al those that came to hand) made a collection of suche as I am certaine be veritable, trewe, and experimented, not caringe if some of them be written, or printed in any other bookes then this. For of this my collection the reader, as touchynge those, maye at the least take this vtilitie and profite, that whereas before he mought haue doubted, whether suche remedyes set forthe by another manne, were trewe or not, he shall be nowe assured, vnder the affirmaunce of my faythe: For trewly, I woulde not sette my selfe (beynge in the age, and disposition, bothe of bodye and mynde, that I am nowe in) to wryte fables or lyes, that shoulde continewe alwayes. But of one poynte I wylle aduertise the reader, and that is, that he doe the thynges with good diligence, and that in medecines concer-

nyng

mynge mans body, he vse the ayde and helpe of Phisitions: Although in deede many of them, moued with a certaine rustick, and euil grounded enuye, with a passion of Jelousie, are wonte to blame & contempne thynges that come not of them selues. Wherfore, as wel in this, as in euerye other point, if he that will vse these, should perchaunce finde, that the thing would not take effect accordinge to his contentation, let hym beware that he abuse not him self in the cõfection of them, and to beginne againe with more diligence. Assuring him self, that (as I haue sayd) there is nothing in this boke but is true and experimented. And geuing alwayes glorye and praise vnto God onely for all, haue a good hope, that, by meane of his diuine grace, I wil consequently make you a present of the rest of all that I haue gotten in so manye trauayles, voyages, costes, and diligent study.

Fare wel.

THE SECRETES of the reuerent Maister Alexis of Piemont. I.

THE FIRST BOOKE.

The maner and secrete to conserue a mans youth, and to holde backe olde age: and to maintaine a man alwayes in health and strength, as in the fairest flower of his age.

Al this is taken out of the long study, and diuers experiences, that a gentle man made by the space of many yeres, in the seruice of a noble Lady. Beyng a thing most certaine, that an old man, of three score and ten yeres all withered with age, of a very euil complexion, and subiect to diuers kindes of diseases, was altred and chaūged, as into the age of sixe or eight and twentie yeres.

FIRST, men ought to haue alwayes in remembraunce and before their eies, that no grace, gifte, or commoditie, is to be hoped for, but of God onely. In whose great clemencie and goodnesse, the great prophet, being assured and stablished in conscience, through his perfect faith cried, saying: Renouabitur, sicut aquila, iuuentus mea. And by the same mercye and goodnesse he prolonged so many yeres the lyfe of Ezichias: and made Moises liue a hundred and .xx. yeres and more, and not one of his teethe at any time mouing: without any dimnes of sight or ache of heade. He then as a moste mightye creatour and father of all, hauinge assigned vnto man the terme of his life, & left him to the arbitrement of his owne wil: and also hauing geuen vertue, strength & properties vnto thinges, & leauing them to execute ordinarily, their moulings & nature, hath also left power vnto humane creatures to preserue themselues in health, vntill ỳ terme & prefixed ende of our life, both vniuersally & particularly.

But for as much as we know not how to employ things, according as they are conuenable & mete for our nature, & our chaunces or neceſſities, our diſordinate maner of lyfe maketh vs to liue the moſt part in diſeaſes, to precipitate our youthe, and to abbreuiate muche our lyfe. Then, hauyng our thought and mynde alwayes firme and ſure in hym, and replete with faith and deuotion, ſayinge in the name of his infinite goodneſſe vnto our ſelues: Longitudine dierum replebo eum, et oſtendam illi ſalutare meum. We wyll commence and beginne as inſpired with him, and aſſured to helpe our ſelues, with the vertue and ſtrength of thinges created in the worlde by his diuine power, onely for our benefite. And mindyng for a publike profite, to communicate ſome thing, as well ſearched and found out of my ſelfe by long experience, as lately obtained and gotten of a ſpeciall frende of mine whiche alſo by greate diligence and experience, hath by the ſpace of ſeuen yeres: proued this maner of preſeruing & ſtablyſhinge the health and youth, I will firſt giue you the maner, howe to make a miraculous licour, conſeruatiue and reſtoratiue of the naturall heate, and radicall humour, in the whiche twoo thinges conſiſteth principally the health, the vigour, the ſtrength, and the lyfe of man.

To make a precious licour, and of ineſtimable vertue: the whiche taken at the mouth, ſtrengtheneth and augmenteth the naturall heate, and radicall humiditie, purifieth the blood, and cleanſeth the ſtomack from all ſuperfluitie of humours: and by that meane conſerueth the health and youth, and prolongeth the lyfe of him that vſeth it.

In the moneth of May, at the Sonne ryſyng, thou ſhalt take vp in a peuter diſhe, or ſome veſſell of glaſſe, beyng very cleane, the dewe that is fallen vpon Roſemarie, Burrage, and other good herbes (Sage onely excepted) for it is a thing moſt certain, that vnder Sage certain venemous beaſts are wont to aſſemble, which infect and poiſon it, with their breath: and thoughe that the leaues

maye

may by washinge be purified and cleansed, from suche exhalatiõ and breathing, yet neuertheleſſe, if the dewe that falleth vpon the leaues, chaunce to take ſuch venime and poiſon, it is not poſſible by any meanes to purifie it: and therefore you ſhall not take vp the dewe of Sage. Then, after hauynge gathered as muche dewe, as you thinke good, haue thre glaſſes ready, of ſuch greatneſſe as you will, the which glaſſes you ſhall fill, ſomwhat more then halfe ful: the one with ſuger, and the other wyth Manna, and the thirde with Honny, the reſt of the glaſſes remayning ſtill emptie and voide: and then fill them all vp, full with theſayde dewe, ſtopping them faſt wt white Ware, and couer them with a linen clothe. Kepe them alſo in a cupborde, or ſome other place out of the Sonne, as longe as nede ſhal be to vſe of it, as we will declare afterward. And then take the iuice of quinces, & haue readie in a litle glaſſe ſome good Agaric, broken in pieces onely, and not in poulder: the which you ſhall couer with the ſayd iuice of Quinces, in ſuch ſorte as you haue done with the Suger, and other thinges in the glaſſes, and kepe it well couered. Then take the iuice of all theſe thinges folowyng, of redde Roſes or incarnate, of Succory, of Endiue, of Fumiterie, of Bugloſſe, of Borage, of Mallowes, of Hoppes, of the leaues & flowers of Marche violettes: and of eche of theſe iuices a like quantitie: then mixe them wel togethere. What doen, take a pound or two of Aloes Epaticum, or as much as you will: for the more there is, the better it ſhalbe, becauſe that the ſayd Aloe being ſo kepped, watered and prepared, as we will ſhewe you, is a verye exquiſite and familier medicine to kepe in a houſe, and take of it by litle lumpes or pilles, ones in the weeke when a man goth to bed: for it kepeth the body from putrifaction, and from all euill humoures: and is very profitable and good, againſt the ache or paine in the ioyntes, and alſo for the French Pockes, as here after we will declare orderly.

Take of the ſayde Aloe of the beſt and the freſheſt, ſuche a quantitie as you will, and put it in a cup of glaſſe, or cleane platter as is aboue ſaid, and ſet it in a windowe

or some other place in the Sonne, watringe or steppyng it in the said iuices mingled together, giuing it therof as often as shalbe sufficient to make it moyst, and to make of it as it were a thicke sirop. Then couer the cup with a clene linen cloth, or paper, to kepe it onely from the duste, and leaue it so in the Sonne. And when it is almoste waren drie, embibe or water it again as before, and let it stand in the Sonne. This shall you doe, so often, vntill you haue made it soke and drinke vp as much iuice, as the weight of halfe the Aloe onely: that is to say, if the Aloe weyghe twoo pound, make it drinke vp at diuers times one, pound of the said iuices. This doen, take these thinges followyng, Turbit halfe an vnce, fine Sinamom, Spica Nardi, Fole foote, alias Astrabacca, Squinantum, Carpobalsamum, Xilobalsamum, Lignum Aloes, Bdellii, Mirrhe, Mastic, of eche of them an vnce, with half an vnce of Safron: All these thinges beinge well beaten into pouder, and put into a cleane panne, you shall powre into theym, so much common water, that it surmount the sayde matters, a good hande breadthe, lettyng them boyle with a small fyre, the space of an houre or more. After thys you shal straine the sayed decoction, and by litle and litle, water from tyme to tyme, the said Aloe in the Sonne, as you haue afore doen: and this you shall do so longe, vntyll the Aloe haue dronke vp all the decoction. This doen, take it out of the Sonne, and it shalbe a precious thing to keepe in your house, as we haue alreadie declared, whiche also maintayneth the body in health, kepeth the head cleane, and causeth to haue a good colour, and a quicke and lyuely spirite, to them that vse of it. He that is not of abilitie to make this mixtion, in the maner aboue said, may make it in this wise. Kepe diligently the saied Aloe, in litle dishes of woode, to make this that wee will speake of, here followynge. Take Aqua vite, not to fyne, nor of the first stilling, but stilled twise or thrise at the moste. And put in diuers litle violles of glasse (the one bigger then the other) all these thinges followinge, well beaten into pouder, at the least those that maye be beaten, puttyng also

Xylobalsamum. The wood whereof natural balme commeth.

so in eche of theim, asmoche of the Aqua vite, as shall bee three fingers aboue them in the Violles, doyng as hereafter foloweth. Take an vnce of smalle fine Perles, well washed three or fower tymes in cleare water: and then beyng dried, and laied in the iuice of Lemons, or Cytrõs, well strained, leaue theim so by the space of three daies: and so put the saied perles, that thei may be with the said iuice, remaining in the glasse, putting to them Rose water, three fingers high or aboue, the perles, as is afore mẽtioned. Then take an vnce of fine read Corall, and put it likewise in the Iuice of Lemons or Citrons, vsyng it in all poinctes, like as ye did the perles, putting it in a glasse by it self with Rose water, with fower vnces of blew Vitriol, well burned in a close pot. This doen, take the flowers & tender toppes of Rosemarie, of Burrage, of Bugloss, of Sage, of Selandine, of Isope, of Scabiose, of Rue, of saint Jhons worte, of prymroses, together with all the tender leaues of the saied herbes: and then stampe them slightly, in a morter of stone or wood, and put them altogether into one glasse, or into diuers, with asmoche Aqua vite, as will be aboue them, three or fower fingers, as we haue saied of the other thinges, and let them stand so in the glasse, wel stopped with ware or bombase. Take after this, halfe an vnce of Saffron, wel beaten into pouder, and put it in a glasse by it self with Rose water, after the maner of the other thynges: then put to it fower vnces of Triacle, with Rose water, in an other glasse, after the forsaied maner: and take one vnce of fine Cinamon, a quarter of an Vnce of Cloues, an Vnce of Ligoum Aloe an vnce of Anise seede, and vnce of Fenell seede, halfe an vnce of smallage seede, fiue or fire vnces of Jeniper berries, halfe an vnce of Cheruell seede of, the seede and bark of a Cedar tree, of eche of them twoo vnces, halfe an vnce of Myrrhe, a quarter of an vnce of Storax or Styrax Liquida, and Vnce of Bengewine, an vnce of Sandall, of all sortes of Mirabolanes, of eche of thẽ three vnces, of Pine apple kernelles mondified three vnces, of yelowe Ambre which the Apoticaries call Carabe, twoo vnces, thre vn-

ces of white Dittanie grene or drie, the eight parte (or as litle as you will) of an vnce of Muske. Let all these thynges bee well stamped, and mired together, and putte in a glasse with their Aqua vite, as is saied of the other. You must then stoppe well al the saied violles or glasses, or other vesselles, with ware or bombase, and with parchement ouer it: and so set them a daie in the Sonne, and the night followyng, in the aire abrode. The morowe after, take some great vessell of glasse, as thicke as you can get, hauyng no couer, bicause you maie alwaies loke into it: and thereinto you shall powre faire & softly the Rose water, that is in all the glasses, eche of them beyng coloured with their substaunce, in seche maner that no part of the substaunces, whiche are in the bottome, be mixte with it. And after, hauing put al thesaied Aqua vite, into thesaid vessell, as is aboue said, ye shal set it in some place, where as no Soonne can in any wise come vnto it. But beware that the three first glasses, that is to saie, with the Suger the Mãna, and the Honie in the dewe, ought neuer to be set in the Sonne, but must be kept vntil you put it in vre, as we wil shewe you. And after that you haue poured the Aqua vite, out of all thesaied glasses ye shall put in other freshe, and set them well stopped in the Sonne, and in the night in the arie, as is aforesaied. Then put them all together with the other, in the said vessell of glasse, and put again in euery violle other Aqua vite, and dos as before: and thus must ye doe eight or tenne tymes, or till you see that the Aqua vite, wil bee no more coloured, or haue taken al the substaunce of the drooges, that are in the violles. A man can not chaunge the saied Aqua vite to often, bicause ye must passe all the saied waters of life, through a bath called Balneum Marie, as wee will hereafter declare by the which ye maie passe, as well a greate quantitie as a smalle, and by this meane also, ye shall lose no parte of the vertue, or substaunce of the said thinges, hauyng drawen and taken it al with the saied Aqua vite, of the whiche ye must first haue made prouision, of fower or fiue flagons. Then, ye must take all the saied Aqua vites, being

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put into one vessell, and mixte them well together, with the three first violles, where the Suger, the Manna, and the Hõnie, with the dewe, is: and then the violle with the Agaric, and three vnces of the saied Aloes, prepared and watred. After this, put al these thinges in a greate violle made of good and thicke glasse, to thende it be not in daũger of breakyng, in handelyng of it. And to be more assured, after ye haue wel mired all together, ye maie deuide all the substaunces, into diuers smalle glasses, or violles, to passe them through the saied Balneum Marie, at sondry times, or at ones in diuers litle fourneises, in this maner. You shall set and trymme the violles, wyth strawe or Towe, in the bottome of a panne or caudron, wherein there must be water, and set the saied caudron vpon a furnaise of yearth, and this is called stillyng per Balneum Marie: Then set vnto the violle, his Limbecke, with his recipient that the substaunce take no winde or vent: then you muste make your fire so, that the caudron maie seeth or boile faire and softly, and so shall you distille and make come into the recipient, al the Aqua vite as clere as Crisstalle, the whiche, bicause it hath been passed through, by distillation diuers tymes, will bee better for all thynges then the other, and principally to be taken at the mouth, bicause it kepeth parte of the vertue and strengthe of the thinges, that it was put into. Also you must vnderstande that of the fiue partes onely, of al the substaunce, whiche shal be in the violle or violles three or fower partes must bee distilled: and the rest to remaine in the bottome of the saied violles. This doen, let the ouen or fornaise and the caudron coole, and in vndoing the Limbecke, and the recipient, ye shall take awaie the violles, keppyng well this distilled water for to serue you, as wee haue aforesaied: and then put all the substaunce, whiche remaineth in the said violles not distilled, into some other greate and thick violle or glasse, wel couered or bound in wicker or osiers, stoppyng it wel with ware or bombase, and aboue that, with a double parchemente, and locke it handsomely in some place, farre from the Soonne, and out of all heate.

This licoure hath not his like in vertue, the whiche take euery weke ones or twise, the quãtitie of a sponefull, preserueth health, driueth away all euill complexions from the body, maintaineth and strengtheneth so the naturall heate, and radicall moistnesse, and vpholdeth a mã in his strengthe and vigoure of the heade, and of the witte, maketh the visage well coloured, the breath swete, the bodie yong and lustie, that a mã is not able worthely to esteme or iudge the vertue thereof: and lesse able to expresse and praise the great goodnesse of God the creatoure, that giueth soche vertue vnto thinges created, and openeth the witte and vnderstanding of man to knowe theim, and to vse them to the profite and commoditie of his creatures.

Now the maner how to vse it, is this: In the Spryng time, ye maie take it alone, or with a litle broth of Veale, Pigeons or Chickens, or els in Maluoisie, or some other good white wine. In Sommer, ye must take it with water of Buglose, or the decoctiõ of Borrage, Buglose, Letese, Succorie, Endiue, or els some of the said herbes: and at all times it is good to take of it a sponefull, putte into halfe a glasse ful of the milke of a woman, new brought a bed of a man child, or of a nurice that giueth a man child sucke, or els in Gotes milke. And the quãtitie & ofte vsing of it must be obserued, according to the persones, & tyme: for, vnto a weke and aged man and those that haue been lately sicke, or weake of nature, ye must giue it oftener and a greater quãtitie, then vnto a yong and lustie man. Also a man may take of it oftener, and more in Winter, then in Sommer. Now ye must vnderstande, that all the flowers, herbes, and other thinges rehersed, are not foũd together in one time and season: wherefore the said licour can not be made at one tyme, but beginnyng the firste or seconde weeke of Maie, it shall be at the least, the ende of September or October, before ye can make an ende: and therefore you must gather from time to time, eche thing in his season, as you may get them, and put them in some vessell, euery one by them selues, or with the other thynges that they ought to be ioyned with, after the maner a-

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houe saied: and vse to dresse and trimme the said thynges, according to the time that you may get them in. And yet if you can not furnisshe your self, with al soche thinges as I haue declared, take those that you can gette, prouided, that the reste which you can not get, bee not of to greate importaunce: but it should be more expedient and sure, to haue of all, seyng there is nothyng of any greate coste or charge, or to hard to be gotten. Moreouer, if you wil haue your matter in good perfection, there resteth but to make a naturall dissolutiõ of fine gold: and when you will take of it take twoo partes of the said licoure, & one part of the dissolutiõ of the gold, which we will teache you to make hereafter: although that in this present booke, wee will make no mention of the perfitest maner of making soche a dissolution, which we haue gotten by great studie, and obseruation, and by often experiẽce of the thyng, that we will doe aswell for not being verie possible to shewe it by writyng, without making demonstration thereof: as for other causes, but we wil put here some other maners and waies, bothe good & true, and of soche importaunce, that peraduenture better hath not vnto this day, been found.

A potion or drinke, to be vsed in steade of Sirop, good for men of all ages and complexiõs, that will be purged: the which, taken what daie you will, drieth awaie the euill humours, withoute mouing or troubling the good, or doing any hurte: And is also very good for the great Pockes, and al infirmites, as well of the stomacke, as of the heade: & is likewise profitable for them that be in health, to take twise in the yere, in steade of an ordinary purgation, that is to saie, in the Spring time, and in September.

Take Mallowes, and boyle them in water, vntyll they bee so softe, that they can almoste bee no softer: then straine the decoction, and take pouder of Sene, and of ỹ barke of Lignum sanctum, called Guaiac, of eche of them seuen vnces, well beaten to ponder, and clensed or sifted, Salt Armoniac twoo dragmes: & in the meane time, set the decoction of the Mallowes vpon ỹ fire with halfe a pound of Honie, and let the saied decoction be

be aboute twoo common glaſſes in quantitie, wherevn to ye muſt put halfe a pounde of tartell, and then let it boyle fayre and ſoftly, the ſpace of halfe an houre, ſkimmyng well the honnie. After this, ye muſt ſtraine it, and put it hotte as it is into a potte by litle and litle, where the forſayed thynges be, that is to ſaye, the Sene, the Guaiac, and Armoniac ſalte. Now in powring, you muſt alwayes ſturre theſayed thinges with a Spone, or ſome other thyng. And then immediatly ye muſte couer the pot with hys couer, in ſhuttyng it cloſe, and cloſyng it vp with claye, round aboute the ſides, ſo that nothing maye breath or reſpire out, and ſo ſet the pot vpon the fire, by the ſpace of twoo Pater noſters, and no more. Then take it from the fyre, and wrap it in a pillowe of fethers, well warmed by the fyre, or in a tubbe or barrell, full of braune well heated, or in ſome clothe very hote, to thende it maie be well nuriſhed and kept warme and leaue it ſo by the ſpace of ten or twelue houres. Then afterward ye muſt open the pot, and ſtraine theſaied ſubſtaunce, through a ſtrainer or thicke canueſſe, & you muſt haue ready before, halfe a glaſſe of white wine, and in the ſame three or fower vnces of Rubarbe, cut in ſmalle pieces, and that the Rubarbe haue been in it, the ſpace of a daie or twoo before: the whiche wine ye ſhall powre into the decoction of the ſaid thinges, as ſone as it is ſtrained, as is aforeſaied: and put thereunto an vnce of Aloe Epaticum, prepared and ordered, as is aboue ſaied: or at the leſt as the Apoticaries doe ſell it, and call it Aloe Lotum, wyth the iuice of Roſes, or otherwiſe, the whiche ye muſte put in, well beaten to pouder, with halfe an vnce of Caſſia Lignea, and kepe all this cõpoſition in a violle, or other veſſell well couered. The maner of receiuyng it, is to heate it a litle at the breake of the day, and to take halfe a glaſſe ful or more of it, according to the exigent of the ſickneſſe, and the qualitie of the perſone, & hauing taken it, he muſt kepe his bedde a while, and ſlepe, if it be poſſible: and thẽ riſe and walke aboute the houſe, or els where, at his pleaſure. Neuertheleſſe, it were better that he kept the houſe,

and

and specially bicause of the mouyng of the body. And this maie he vse. v. vii. ix. or. xi. morninges : for the pluralitie can not hurte. Also this potion or drinke, is of soche exquisite boūtie for mannes body, that we neede to vse none other maner of purgation, or medicine.

¶ A verie easie and good remedie, for to heale all maner of Pockes, which is made with litle cost, & requireth not that a man kepe his bedde or his house, but maie vse it going in the streetes: And it is also verie good for al sortes of grief in the ioyntes, in what part of the body so euer it be.

TAKE three pounds of rawe Honnie, and a pound of the Iuice of the flowers of an herbe called Primula Veris, which hath his leafe somewhat long, fatt, or ful of carnositie, & somewhat white, his flower yelow, fassioned like a belle: and for lacke of the flowers, the Iuice of the Herbe: then take halfe a pounde of Lignum Sanctum, beaten into pouder, and hauing let it boyle in common water, a good while, ye must straine it, and put thesaid iuice with the saied Honnie, into a pot, puttyng to it three vnces of Aloe epaticum, ordered as is aforesaid, or as the Apoticaries sell it, washed with the Iuice of Roses. And then, vpon thesaied Aloe beaten to pouder, ye must poure as moche of thesaied water, wherein the Guaiacum hath boiled, as wyll mounte in the potte fower or fiue fingers high: then adde thereunto two vnces of the Vineigre of Squilla, and lette it boyle fayre and softly, by the space of halfe an houre, or a litle more, skummyng well alwaies the Honnie, and when it hath almoste boiled inough, put vnto it three vnces of fine Sinamō, wel beaten into pouder, set it again a while vpon the fire: then, hauing taken it of, and setten it vp to keepe, ye muste beate of it in the morning a glasse ful: and after you haue dronken it, eate a litle piece of a Quince, or of a fruite called in Latine Sorbum, in Frenche Corme, or greene Grapes, Pome Granade, or of some other bindyng thyng, what ye will: and keepe your bedde, sleapyng as long as you will: and also after

Sorbū latin Frēch. Corme

There groweth none in England & therfore we haue no English name for it, sauing som englishit, and cal it seruis beries.

after you be risen, and haue doen your businesse, yea, out of the house, if it come so to passe. But (as we haue said) to keepe your bedde or house, is alwaies the best for you, when ye vse Phisicke. And this potion or drinke, muste you take from daie to daie: but if the paine be not to vehement, it shall suffice being taken twise in the weeke: and this doyng, you shall see a wonderfull operation, and ye shall not nede to vse Lignum sanctũ, nor any other thing. This remedy onely is sufficient for all menne, and hath been proued and experimented diuers tymes, and vpon diuers persons.

¶ To dissolue and reducte gold into a potable licoure, which conserueth the youth and health of a manne, as well taken by it selfe, as mingled with the foresaied licoure, spoken of in the second Chapiter of this presente booke, & wil heale euery disease that is thought vncurable, in the space of seuen daies at the furthest.

TAke a glasse full of the Iuice of Limons, and heate it ouer the fyre, vntill it beginne almost to seeth: then take it from the fyre, and straine it three or fower tymes through a Linnen clothe, and afterwarde distille it through a longe gutter of Felte: then take twoo pounde of rawe Honnie, and sette it on the fire in a pot, mixing with it the saied Iuice of Lemons, and adding thereunto halfe a pounde of common salte, that is clene, white and well beaten: mixe well all together, and let it seeth faire and softly, vntill there remaine no more skum of the Honnie. Then take that that remaineth in ẏ pot, & distill it in a vrinall of glasse, making but a smalle fire at the beginning, encreasyng it by litle and litle, and at the ende greate and sharpe: and whē all is cooled again, open the violle, and powre the water out of the recipient, into an other violle, stopping it sure for taking vente. This dooen, ye must breake the vrinall of glasse, and take the lies that shal remain in the bottome, and put it into a couered pot, the whiche pot you muste couer ouer and ouer with claie or morter, to the entente it maie the better endure

dure the fire: and after put it into some fournesse, where glasse is made, or into a potters fournesse or lyme kill, or some other semblable thing, so that it maye be in a greate fire, by the space of two or three daies. And after that the said substaunce shalbe taken out again, stampe it well, and for a pounde of the same, put in foure vnces of Manna, and two vnces of suger Candie, and if there be more or lesse of the substaunce, ye must put in a good proportiō of the Manna and suger Candie, in equall quantitie with the substaunce. Then put all into another vrinall of good glasse well claied, and powre vpon it the water, whiche you kept before in the violle, putting thereunto twise as much fine Aqua vite, as was in the saied first violle. And hauynge trimmed and set the vrinall of Glasse vpon the fournesse, with his limbecke, and his recipient, and well closyng al the ioyntes with clay or morter, ye shall make the matter distill faire and softly, with a small fyre: for it wil easely distill: & when it will distill no more, augment your fire, so that ye maye distill all that is possible. But you must leaue the water, with the violle, vpon the fournesse, wout mouing it any whit, vntil you wil put it in experience. This done take fine golde folle that is of xxiiii. Carates well fiued with some Tyment or with Antimonium: and take of ye saide folle what quantitie you wil, in a cup of glasse in mingling them wel w honny, or w Julep roset or violet, as men are wont to dresse it to write with al, whereof we will put partitly all the maners and fashions in the fifte booke of this volume. And after you haue well vnmired and purged it from the sayde Honnye, with whotte water as shalbe saide in the same place: you shall put them to still in a violle of glasse: and than hauinge taken of the recipient, put the sayde water into a long necked glasse well stopped with whyte waxe, hauyng fyrste put vpon the saide gold, which is in the violle, the height of fiue fingers of the saide water: and then set to the limbeck with his recipiēt, stopping well with claye the ioyntes, makyng the water which shalbe vpon the sayd golde to distil with a smale fyre, not augmentyng it at the end,

to

to make al to distill, and care not if the golde remain some what moist. This done, take away the limbecke from the Violle, without takyng a waie or puttyng the recipiente from the said Limbeck, not sturring the water out of the recipient. But take some man to helpe you, who whyles you take the limbeck of from the vrinall, shall powre vpon the said golde the same water that you kept in the violle, stopped with white ware: & let him put in as muche as at the first time, that is to saye, the heyght of fyue fyngers: then immediatly set the Limbecke vpon the vrinall again, closing wel with clay the ioyntes or sides a newe, making the distillation as afore, and so consequently vntill all the water of the said violle, bee destilled vpon the saied golde. And finally, ye shal powre the gold out of the violle into a glasse, somewhat great to holde the water that you haue distilled into it at diuers times, as we haue said in the Chapter before: then set to the Limbecke with his recipient, and see that by the space of. xv. or xx. daies, the water of the bathe be hotte without seething so that yet nothing maye distill. Then after make the water to seeth, and distille all that may be distilled: and in the bottome of the violle, the golde will remaine dissolued into a licour most precious, whiche you muste keepe in some litle glasse well stopped. And if you will haue it yet fyner, you may make it without taking it out of the said glasse, in puttyng it again into the said water, and distilling it a freshe, not keping (for al that) the water from seething, as you did before, but make it seeth and distill all at ones and this distilling may you reiterate as ofte as you will: for the oftener it is distelled, the better it is. Thus doing ye shall haue a right naturall and perfite potable golde, whereof somewhat taken alone, euerye moneth one or twise, or at the least with the saide licour, whereof we haue spoken in the seconde Chapter of this booke, is verie excellent to preserue a mannes youth and health, and to heale in fewe dayes any disease rooted in a mannes, and thought incurable. The saied golde will be also good and profitable, for diuers other operations & effectes as good

wittes & diligent searchers of the secretes of nature, may easely iudge. In this same maner (obseruyng all thynges diligently) a man may make of siluer beaten into foile to haue likewise a potable siluer, of a merueylous vertue, yet not suche as the golde: And I assure you that I sawe aboue .v. yeres ago, an Englishe man haue a water made of siluer, peraduenture trimmed & dressed after another sort, accordyng to diuers differēt waies, tēdyng (notwithstanding) all to one ende with the which water the sayde Englishe man dis many thinges esteemed as miraculous, in healing many painful diseases & infirmities of man.

To heale an excrescens or growing vp of the flesshe, within the yarde of a man, albeit it were rooted in of a long tyme.

TAKE the lees of Wynne distilled, or yf you can not haue suche, take Wynne, and burne it in a potte: and putte the blacke lees that shall remayne in the bottome, into another potte, or into an yron panne, and sette it to burne or calcine in a bernishers fourneffe, or suche other, in a greate fyre, by the space of three or foure dayes, whereof ye shall haue a substaunce as yelowe as Golde, the whiche will bee excellent to laye vpon all maner of woundes: for it eateth awaye the euyll flesshe, mondifieth and healeth the good, wythoute payne or griefe, whiche maketh to bee muche better for all woundes, then is the Precipitatum, that the Chyrurgens commonlye vse. Take then of thys Pouder an vnce, of Dogges turdes twoo vnces, lees of wyne halfe a Dragme, which is the halfe of the eight part of an vnce, fine suger a dragme, roche Alume burned a dragme, of Tutia a dragme, let all these thinges be well beaten to pouder, and sifted through a fine seeue & then take grene leaues of an Olyue tree, and beate them in a morter of stone, moistyng them a litle with wyte wyne, the whiche being well stamped, ye must strain in a presse or betweene two trenchers for to get out the iuice, and putte to it as muche plantayne iuice: then set it to the fire in a litle potte, and afterward put in it by litle and litle the said pouder, mingling altogether

continu-

continually: And last of al you muste adde vnto it, a lytle grene ware and a very lytle Honye roset, that it maye be a liquide oyntemente and so keepe it. This oyntemente is verye precious to consume all maner of excrescence, or growing vp of flesche in anye tender place of the bodye, as in the secrete membres or in the nose: whereunto a man dare not applique any strong or smartyng thyng. Nowe when ye muste vse it for the carnolitie within a mannes yarde, you shal take firste of al a Squirte and fill it wyth whyte wine wherein drie Roses and plantaine leaues haue bene sodden and boiled wherewith also ye shal mixe a litle womans milke, or the milke of a Cote: then washe well the mannes yarde within with this Squirte: After this take a litle ware candell somwhat long, and of suche greatnesse as it maye enter into hys yarde at the poynete whereof ye shall put a lytle of the sayde oyntement, warming it a lytle, and thrust it as farre into his yarde as you can vntil you feele the Carnolitie, and leaue the said ointment within the yarde a lytle whyle: then take it out again: and doe thus morninge and euenynge lyng a bedde his healie vpwarde, when ye shal put in the candell wyth the oyntment, and you shall see a merueylous effect: for it shal heale him throughly in fewe dayes, without anye daunger.

To heale al maner of inflamation and euil disposition of the lyuer, and by this same secrete haue been healed certain persons, which had their faces as it were Leparie, great swollen legges, theyr hander inflamed and rough within syde.

TAke flower of Amilum made of Barley, whiche ye shall easely fynde at the Apoticaryes, & seeth it halfe an houre in common water: then straine it, and put it in another newe potte that is cleane and neatte, puttynge to it a fewe Mallowes, Succorye, Hoppes, Endiue and Burrage: and seeth all these together vntyll it bee dissolued, and adde to it an vnce of Sandall: and then straine all, and take in a lynnen clothe as muche Cassia extracta, as wyll goe into two Nuttes, and put it within

within the saide linen clothe with the Cassia, whyle the water be whote, pressinge it so harde betwen your twoo fingers, that all the substaunce of it, maye goe into the saide water: then putte to it Suger or Penides, as much as you wyll. Of this drinke whiche is of a verye amiable sauoure, you muste take from daye to daye, a lytle glasse full in the morynge, lying in your bedde, with your brest vpwarde: then laying some linnen cloth vpon your stomacke slepe if you can, and take of it also after you be vp; and haue dooen your necessaries, the which doynge you shall finde your selfe very well healed in fewe dayes. But here note that this muste be done in Sommer, and not in Winter: and he that hath his stomacke very colde, maye weare before his brest, some piece of Scarlat, or other clothe, and sometyme annoynte his stomacke with an oyle, made for the weakenes of it, the perfect composition whereof, we wil put hereafter.

To heale the Emorhodes or Piles in a nighte, a rare secret and very excellente.

TAke the leaues of greene Elder, and boyle them in water, vntyll they bee dissolued: Than take a piece of redde clothe, a lytle bigger then the palme of your hande and stretche it a longe vpon your palme. Fyrst, muste the pacient bee in his bedde with his bealye downwarde, because ye must laye the sayde leaues vpon the Emorhodes, hot as they were taken out of the caudron, haunyng layed vpon them before, a litle oyle Olive. Then take another little piece of clothe, with other leaues and take awaye the fyrst, continuynge thus and chaungyng alwayes the leaues (if not all the nighte) at the least as long as ye maye: and also in the meane tyme, ye muste let the pacient slepe as muche as he will, who in the morynng shal finde him self as lustie, and as well disposed as if he had neuer had the disease.

A synguler ointment, whiche healeth all burnynges wyth fyre, not leauing any cicatrice or skarre where it hath bene.

B.i. Take

TAke the whyte of two Egges, two vnces of Tutia Alexandrina, two vnces of quicke Lyme washed in nyne waters, an vnce of newe Ware, with as much Dyle Rosatte, as shall suffice, and make thereof an oyntment, which ye shall fynde very good, for this that we haue spoken of.

A perfect and proued remedye for them that be weake of stomacke, and can not kepe their meate wythout vomityng it vp agayne.

HAuyng taken two pounde of redde Ware, and made prouision of a dishefull of Dyle Dyne, take pieces of Alablaster and heate them in the fyre: and then quenche them in the sayde Dyle: heate them againe, and quenche them as before: and so three or foure tymes. This doen beate the Alablaster to pouder, and myxe it with the saide Ware and Dyle, wherein it was quenched: Then put all to distill through a croke necked violle lyke a Bagge pype, clayed rounde aboute, sauinge the bottome, whiche distillers beyonde the sea doe vse, the Frenche men call Retorte or cornue, and make suche a fyre as the Dyle maye distille, with all the rest that possible maye bee distilled: and then keepe it, puttynge to it halfe an vnce of Myrrhe, beaten in pouder. And when you will put it in effecte, ye muste take a litle panne of brasse or Iron: and hauing the toppes and leaues of Wormewood whiche is a bitter herbe, putte them in the sayde Dyle, and seeth or frie all together: than take it whotte as it is, and rubbe the pacientes breest with it vp to the throte, doing thus alwayes at night, when he is in his bedde, and it shall make his stomacke stronge. He muste vse in his meate, as muche Rosemary as he can, be it rawe or otherwise, and specially in his drinke. He muste vse lykewise the moste excellent Aqua vite, whereof we will speake hereafter.

An excellent remedye, wherewith a woman of .xxxvi. yeres was healed, that had so marred her stomacke, that in the space of two yeres and an halfe, she neuer naturally purged downewarde: and assoone as she had eaten any thyng, she vomited it vp agayne, so that she became yelowe, and as drye as a stycke.

A Wonke

A Monke of the order of Saincte Augustine, a man of great knowledge, and full of meruelous secretes, healed the sayd woman with this remedy folowing: and in the space of eyghtene dayes, made her as whole and sounde, faire and well coloured as she was before her sickennesse.

Firste of all, he had made a litle oueh, like vnto suche as men bake breade in, the which he did heate with rosemarie: and the saide Ouen was in fashion like a Bakers Ouen, wherein he baked litle prette loaues and cakes, which he gaue her alone without any other thing to eate, eight or tenne daies, and gaue her whyte wyne to drynke withoute water. He gaue her also gentle meates, with Sinamon and Sugar: and euery morning gaue her in a glasse aboute a finger heighte of water, made after this maner folowinge. Aqua vite halfe a glasse full, wherein he putte the yelowe pille of halfe a Citron, or Orenge cutte in pieces, the flowers of Rosemary a handfull, fine Sinamon an once, Saffron a quarter of a dragme, Bengewin a dragme, with a litle Muske: and made her to be washed ouer and ouer, or bathed in the decoction of Rosemarye, and other swete Herbes once a weeke: and euery nighte annoynted her breaste with the sayde Oyle, distilled and sodden wyth Wormewodde. And aboue all thinges, commaunded her to keepe a Cushen vpon her stomacke, in the nighte time, and caused her to lye longe a bedde in the morning: he made her also eate the confectiõ of Diambre. And in this wise he made her in.xviii. dayes as whole and as faire, as she was before, whome no Phisicion coulde euer fynde remedye for, during all the tyme of her sickennes.

Thre remedies verye good agaynst the wormes in lytle children.

TAKE the flower of Wheate well boulted, as muche as will lye vpon three crownes of golde, and put it in a glasse, and powre vnto it well water, or fountain water, so muche as will steepe the sayde flower, and make it loke lyke as it were milke, and no thinner: then giue the childe drinke of it, and you shall see that with

his siege, the Wormes will come forthe starke deade, which is a very good remedy.

The seconde remedye.

TAke a Citron or Orenge, and make in him a hoole, as bigge as a penny, by the whiche hole with wrinching, ye shall make the licour come out: and hauinge made a hole into the middle and moore, ye shall powre into it oyle of Bayes tree or leaues, the iuice of Rue, the iuice of Wormewood, Triacle, flower of a kynde of poulse corne, called Lupinum or Lupinus in Latine, hauynge one stalke, the leafe in fyue diuisions, the codde creuised aboute, hauyng in it fyue or syre graynes, harde, broade, and redde. They bee common in Fraunce and Italy, but here vnneth knowen. And seeth all this a whyle; and then powre it in a dishe, & annoynt therewith the childes nauell, stomacke, temples, nostrelles, and the vttermost parte of hys poulses, and ye shall immediatly see a wonderfull operation.

The thyrde remedye.

FOR chyldren that be so lytle, that a man can not minister the medicine in at the mouth: you shall take berye good Aqua vite, wherewith ye shall washe or weate the stomacke or the brest of the chylde: then pouder ouer the sayde places, with the pouder of fyne Myrrhe and laye the chylde downe a lytle whyle, with hys brest vpwarde, and you shall see incontinent that wyth the dunge of the chylde, the wormes shall come out dead.

To heale chyldren of the Lunatike disease, which happeneth vnto them, by reason of a worme wyth twoo heades, that breadeth in theyr bodyes, the which worme commynge vnto the heart, causeth them to haue suche a passion, that often tymes it kylleth them.

Take

TAKE the tender stalkes of a Wildyng tree, and drie them in the shadowe: then stampe them wel, and sifte them, and take of the saied pouder, and the roote of Gentian, and of long Peonie, of eche of them a quarter of an vnce, and halfe a quarter of an vnce of Myrrhe. All these thinges well beaten in pouder, ye shall put in a dysshe, or in some other vessell, as you thinke good: moist them with a litle water: then take of it with your twoo fyngers, and weate the lyppes and the mouthe of the child. Doe this three or fower times, and you shall see the worme come out deade with his siege. This haue I often tymes seen by experience, and many children, whiche, for lacke of good help, haue died with soche maner of Wormes, the whiche afterwarde beyng opened, menne haue founde the Worme stickyng vpon their hartes. And for the same accidente the other remedies, whiche we haue written before, against the Wormes, be also very good.

¶ A remedie for the fallyng sickenesse.

TAKE Germander gathered in May, when it is in blosome: drie it in the shadowe, and make it in pouder. And when you wil vse it, take the yelke of an Egge or twaine, and sturryng or breakyng it with a sponefull of the saied pouder: then seeth it, and giue it to the paciente to eate. Doe this, Morning and Euening, eight days lōg: but al this while he must abstaine from wine, and, ¶ carnall company of women from all sorte of pulse, as Beanes, Peason, Fitches, Tares, and soche other, from Salades, salte Flesshe, and from al other thinges, which are of a harde concoction or digestion. A verie goodly and notable secrete.

¶ To make oile of Brimstone, to heale all maner of Cankers diseases or sores, which come of a putrified humoure, and reane continually, commonly called Fistules, and also to heale olde and inueterate woundes.

TAKE Brimstone beaten in ponder, and hauyng steeped and mollified it, with common oile, put it in a Gourde, apte to still out of, so ỹ it bee brought as it were like passe, the which you shal distill through the mouthe of the said Gourde: and the oile that shall drop out, ye shall put into a violle, fillyng it halfe full: & afterwarde fill vp the said violle with Plantan water, and with the Iuice of Cardus benedictus, and so let it boile a prette while. Then washe the wounde with Aqua vite, or white wine, and laie to it of the said oile, and in fewe daies ye shall heale it parfitly.

¶ To take awaie the venim or poison from a wounde, made by some poysoned weapon or arrowe.

TAke Assa Fetida, and a gomme called Galbanum, of eche of them an vnce, and steepe them in Vinaigre, the space of a night, then sette it to the fier to dissolue, and straine it through a Linen clothe, mixing with it two vnces Vnguentũ diabasilicũ: and laie it to the wounde, and incontinent the said ointmente will drawe vnto it self, and kill all the venim, so that the wounde may afterward be healed, as al other maner of woundes bee: and in case ye lacke, or can not get Galbanum, it shall suffice to haue onely Assa Fetida, to drawe the venim out of the saied wounde.

¶ Against the biteyng of all venemous beastes.

AS soone as the person feleth hymself bitten, with any venimous beast (or at the leaste as soone as is possible) take greene leaues of a figge tree, & presse the milke of them, thre or fower times into the woũde. And for this serueth also Mustard seede, mingled with Vinagre.

To drawe an arrowe heade or other Iron, out of a wound

TAKE the iuice of valerian, in the whiche ye shall weate a tente, and put it into the wounde, laiyng the said herbe stamped vpon it, then make your bin-

ding

¶ To heale a woman that hath the Matrice out of her naturall place.

TAke a Flinte stone that hath bene alwayes in the earth, and not taken the ayer, and put it in some basket, couered in a greate fyre: and whan it is verie hote, put it in a litle Tubbe or barrell, and wette it wyth Vinagre cast vpon it and cause the woman to stand ouer it, to receyue the smoke or parfume of it, and than let her go to bed, for this must be doone at night. Ye shal, after thys, take of the Juice of Rue, and make a litle rounde balle of Cotton, whervnto ye shall tie a threede: and than dippe the saied balle in the sayd iuice of Rue, and put it into the mouth of the Matrice, the which wil incontinent take the balle, & draw it in, and than it wil returne into his naturall place againe. But you muste binde and tie the balle sure and well, least paraduenture it should remaine within. After this, make an oyntment as foloweth, wherwith ye shall anoynte the reynes of her backe. Take an herbe called in Greeke Ciclaminos, of the latins Rapum, Tuber terræ, or Vmbilicus terræ, of the Apoticaries Panis porcinus, of ỳ Frenche men Pain de pore, in Englishe sowes breade and Rue, as muche of one as of the other, and stampe them well: and than seeth it in a pan with olde oyle, vntill ỳ whole be diminished by the thirde part. This doone, let it coole agayne, and hauing pressed out all the substaunce, ye shal power it into another new pan, adding to it a litle new ware, & heating it al together, vntill it be wel incorporated: thã annoynte her raines with all, and lay hote Tow vpon it, & than swaddel her as women do yonge infantes. And so she must be layed in her bed, with her belly vpwarde, & her head lower than her buttockes. This must ye do from night to night, three times, & she shal be healed. She muste also eate whote thinges in operation, as Pigeons, & Hennes, with spices and other like thinges. She shall be healed without any greefe, and if she had had it. xxx. yeres.

¶ To

¶To make a womans milke to come and encrease.

TAke the greene leaues of Fenell, and make thereof a decoction, be it in wine or water, wherof ye shall geue the woman drinke, as wel at her meales, as other wise, as often as may be, and she shall be abondant in milke. Furthermore, if the woman haue not or dyuartlie her naturall purgation called Floures, this will serue her for a good medecine.

¶A verie goodly secrete for the gommes or burgeons that remaine of the great Pockes as well olde as new.

A defensife is made whē a surgiē wil lay anye drawing or healig plaister vpō or to a woūd he maketh some oynt ment restrayntyue because it shall not drawe or heale to fast, & that is called a defensife.

TAke Bole armenick, Minagre, and oyle Roset, and make thereof a defensife, or oyntment, annoynting the burgeons round aboute. iii. or. iiii. fingers large: thā take. ii partes of the oyle of an herbe called Euphorbium, first founde out by Juba the kyng of Libia. Looke Ruellius, Lib. 3. cap. 53. and one parte of oyle Violet: and mixe them together, and annoynt the burgeons with all, haupnge fyrst well washed them with Redde wine, verie hote. And whan you haue thus annoynted them, with the sayde oyle of Euphorbiū lay vpon it some litle bande annoynted with Butter, leauing it so three or foure houres, or as longe as you will: than vncouer the Burgeons, and if you finde no bladders, do once agayne as before, vntil you se some. And than you maie pricke and breake the saied bladders, or let them breake of them selues: than ye may heale them with some healyng oyntment.

¶Another remedie for the same bourgeons of the Pockes.

WAshe the burgions with Wine, and make the defensif aboue saied: than take. iii. partes of Vnguentum aureum, and one parte of Sublimatum, wel broken or beaten: mengle the saied Sublimatum with the said oyntment, and lay it with a plaster vpon the burgeons, leauing it therupon, a day or more, if you can, ¶ ye

ye shal find the burgeons or buddes, and the flesh fayre and neate, which will seeme to be a miraculous thing, and if it worke not well at the first, ye must renew it againe, twise or thrise, according as the burgeons shal be hard & olde. Now, whan they be thorowlie dissolued and leused, take Butter washed w̄ Wyne, and lay it vpon a linnen cloth, and put it vpon them, and so shall you heale them perfectlie. Note also that the saied ointment, with the Sublimat, will draw vnto him all the aquosite, and euil humours of the arme or legge, wher vnto it is layde. Wherfore it will not onelye heale the place where you laye it, but will also purge the whole member of al euill humours, that is in it, and therfore there is a verie good water confect and made of it, for to heale scabbes, as we will tell you afterwarde. It healeth also al other accidentes, whereupon you make any outwarde application: and (as we haue sayed) draweth to him selfe al the watrishnes, and humour of the member, wherupon it is layde. Now, whan you will lay it vpon the burgeons, or vpon anis corrupte place, weete wel the linnen cloth, and the band that you will binde it withal: weete well also rounde aboute the infect or sore place: for the said medecine, wil draw al the corruption thorow the saied places. And this is a verie worthie and erquisite secrete, for al thinges, so that it be wel vsed, made and applied.

¶ A verie easie and parfite remedie for him that hath anye blow with a sworde, staffe, or stone, or other like thing, yea, though he were greuouslie wounded.

TAke Taxus barbatus, and stampe it, and take the iuice of it: and if the wounde bleede, wipe it, and make it cleane, washing it with white wine, or water: than layof the said iuice vpon the wounde, & the herbe vpon it, of the which you toke the iuice, and than make your binding, and let it be on it a whole daie: and you shall se a wonderfull effecte.

¶ A water to heale all maner of woundes in short space whiche is a thynge that euery man ought alwayes to haue

haue in his house, for the accidentes and chaunces that maie fall seyng it is easye to bee made, and with litle cost, and that it is of so meruelous an operation,

TAke a pounde of newe yelowe ware, or as much as you wyll, and lette it melte vpon a fire in a cleane panne: and then powre it into another panne, or dishe, wherein must bee Malmsey, Vinum Grecum, Muscadel, or other white wyne that is very good: afterward take it out of the wine and melt it agayne: then powre it agayne vpon the sayd wine, doing so. viii. times. And then take the said ware, and melt it vpon the fire, mirring with it a handfull of bricke finely beaten into dust: incorporate all well together, and put it into a croke necked viole of glasse, which distillars, call a Bagpipe, elated about vp to the middes of the necke: & let it distill first with a litle fier, by the space of. viii. houres: & afterward make your fier greater, & at thende verie greate. But you must aboue all thing, close wel the sydes and ioyntes of the saied vessell, and of the recipient, which must be somewhat greate. After that ỳ furnaise & al the other thinges bee colde agayn, you shall take the water out of the recipient, and shall powre it into a viol well stopped with ware and cyred clothe, so that in no cace it maye take vent: neither set it in a place where anye beate of the sonne or fier maye come to it: for it is of so fine a substaunce, that it woulde flie and vanishe awaie immediatly. The saide lycoure is meruelous good for all kinde of woundes: and ye must weate and moist the wounde with it, and bynde vpon it a piece of lynen clothe steeped in the sayd water. And amonge all the experiences that hath bene sene, thys was experimented and proued vpon a seruaunt of a noble man called Leonello Pio de Carpe, resydent in Venise, the yere 1548. the whiche seruaunte hauinge receyued a stroke with a dagger vpon the insteppe of the foote, whiche is a place verye daungerous, did nothing but laye therto a lytle of the sayde water, whiche a gentell man of the saide

sayd Henyor Leonello had in his house: and in the space of two dayes he was so healed that skante coulde a man percepue the cicatrice or skarre where the cutte was: it is also excedynge good for shronken synowes. And if thys forsayde water be well and naturallye made or distilled the seconde time, it is of so fine and persynge substaunce, that if a man laye of it vpon the palme of his hande, ye shall see it perse thorowe incontinent and in a moment, and leaue the place dryc as thoughe it had neuer bene layed there. Therefore they that haue any knowledge maye helpe diuers diseases, in addinge to it some other licour or pouder, suche as they woulde haue perse into the flesshe.

To make an oyle of Sainct Johns worte, whiche is called in Venise, and in diuers other places redde oyle: and is of suche vertue that a man can skantlye expresse it, as well to heale woundes, as other infinite diseases, whereof we wyll shewe the moste notable, and those that haue been founde trewe by experience.

YOu muste gather in the moneth of Maye and June the Herbe called of the Greekes Hypericon, of the Latynes Perforata, of the Frenche menne Millepertuis, and of vs in Englande Sainct Johns Worte, before it begynne to florishe or haue flowres: and stampe it in a morter of marble, or of wood verye cleane, and putte it so stamped into a Violle or glasse: And then powre to it as muche whyte wyne as wyll couer it all ouer, and adde to it of good oyle Olyue aboute the heyghte of two fyngers, leauynge it so in the sayde glasse well stopped, and after that ye muste gather the sayde Herbe wyth hys Blossomes vpon Sainct Johns daye in the mornyng after the Sunne is ryssen, and puttynge the Blossomes a parte, ye muste stampe well the Herbe wyth the stalkes, and after ye haue cutte it verye small, take it oute of the morter, and stampe in the same morter also a lytle the flowers or Blossomes whiche you kepte apart, and myngle them with their Herbe, which was stampped before.

But

But the blossomes must weigh foure times or very nigh as much as all the herbe that ye gathered in the moneth of May, and before sainct Johns day, and was put in the saide violle or glasse, with the wyne and oyle Olive. You muste after this mingle all these thinges together, and put them in some violle or glasse, or els in some pan of earth verye cleane, with the saide wine and oyle olive, and put to it againe other wine and oyle, until al be covered as before: and then set all this in the Sonne in some vessel wel stopped. And twelue or fiftene daies after when the seede of S. Johns wort shalbe ripe, you must gather of it in the morning after the Sunne is vp: and stampe it well and so mingle it with the said herbe and blossomes: but you muste put no wine to it, saunge onelye the Oyle Olive. And the saide seede muste in quantitie weigh as muche as the fourth or thirde parte of the saide herbe before the wine be putte to it: also the Oyle muste bee of suche quantitie, as maye bee aboue all the substaunces a good handfull or twoo. After this set a caudron of water on the fier, with hey or strawe in the bottome: and put the sayde violle into it so that it be not in daunger of breakinge, when the water beginneth to seeth.

This maner of setting the violles or glasses in a caudron of boyling water, is called of our moderne Philosophers, Balneum Marie, and it is dressed and trymmed in this sorte, as well for to distill with a Limbecke, as for to make putrefaction, euaporation or dissolution: of the whiche thynges we will speake afterwarde, when we comme to the matter of distilling. Then muste you make the water in the sayde Caudron to seeth with the substaunce which is in it by the space of three or foure houres, according to the quantitie of the sayde substaunces, vntyll the wyne or at the least the most parte of it be dronke and consumed, whiche ye shall knowe in this maner. Take a lytle of the substaunce on the ende of a sticke and caste it into the fyre, and if it burne without anye noyse, it is a sygne that there is no more wyne lefte. The sayde violle must be vncouered whyle the water boyleth, because the wyne maye euaporate and breathe out. And if the sayde sub-

substaunce be so greate in the violle, that it passe fyue or sixe pounde, ye shall put to it these thinges folowing, accordyng to the weyghte and measure that we will shewe you, and kepe alwayes good proporcion, accordinge to the quantitie of the weyghte of the water, whiche shalbe more or lesse then fyue pounde. Fyrst take quicke brimme stone, or elles when it is made in long Canes or stickes, halfe a pounde, commune whyte salte, eyghte vnces, of ground Wormes, a dishefull well washed, firste in water and then in Honny rosat, or other Honny (so that it sodden and skimmed) foure vnces: ten vnces of Turpentine washed once or twise in well, riuer or conducte water: larde of a Hogge welt stampt halfe a pounde: of the iuice of Taxus barbatus, of the iuice of whyte or blacke Dictamum, of eche of them foure vnces, of Saffron three vnces, rootes of Dictamum, rootes of Gentian, the rootes of Imperatoria: the rootes of the Herbe called ctocodilium or carlina, the rootes of Ualerian, and the rootes of Selandine, of eche of them two vnces. And yf the sayde rootes be greene, you muste stampte them well: yf they be drie, ye muste beate them into ponder: an vnce of myrrhe, two vnces of redde waxe, two vnces of fine Triacle, an vnce of the seedes of Cedar tree, three vnces of Juye seede throwe rype, foure vnces of the seede of a Baye tree thorowe rype, syxe vnces of Aqua vite, an vnce of Synamom, halfe an vnce of Lignum Aloe. Let all these be well stamped, and putte in a violle or vrinall with the sayde herbe, blossomes, and oyle: ye muste stoppe well the sayde Violle, that the substaunce haue no maner vent or euaporation. Then make a fier vnder the caudron so that the water maye be whotte without sething, and keepe it so the space of two or three dayes: and the longer the better. If in cace the fier go out in the night there is no greate daunger: ye maye make it agayne in the morning, but you muste keepe it so much the longer. Hauynge then taken the violle out of the caudron, and lefte it in the Sunne all the rest of the Somer, kepe it in your house well couered: and the older suche Oyle waxeth, the better it will bee. But it shalbe good to putte to

it euery

ſt euery yere newe iuice, of the ſaide herbe Saint Johns wozte, and of the bloſſomes and ſeede wel ſtamped, and that the ſayde bloſſomes, herbe oz ſeedes bee ſodden by the ſpace of foure oz fiue houres in oyle Olyne: and then muſte you powze all the Oyle wyth the ſubſtaunce into ſome veſſell, and pzeſſe well all the Bloſſomes and the herbe, and caſt them awaye, and putte in other: and yf ye ſhoulde dooe ſo euerye yere the Oyle wouldo not bee the woꝛſe but rather better. If all theſe foꝛeſayd thynges can not bee gotten in one ſeaſon oz tyme it is no matter: foꝛ a man maye putte them in as he findeth them: And if ye can not get them all, ye maye putte in them that ye can finde oz get. The vertues of this excellent Oyle are infinite, of the which we wil ſpeake onely of the chiefeſt, and thoſe that haue been pzoued by experience, as well of vs as of other in our pzeſence, and by our appoyntment and oꝛderinge. Firſt it hath as muche oz moꝛe vertue then the trewe and righte Balme, and it is good foꝛ all colde griefes, as well within as without the bodye: foꝛ the Sciatica and colde goute, in heatinge it and rubbynge the place withall: foꝛ a quartayne, tertian oz quotidian ague, when a man annoynteth the raines of the backe an houre befoꝛe the ague come. Alſo it healeth meruelous well collicam paſsionem, when a man rubbeth oz annoynteth warmelye his bꝛeſt oz ſtomacke withall, and when it is put in gliſters with other ſubſtaunces, as we wyll declare in the chapter of the Colliche paſſion. And yf ye anoynt the place aboute the pzyuie members of a man oz woman, it will make them to bꝛine oz piſſe well. If a woman haue her fruite dead in her wombe takynge thꝛee oz foure dꝛagmes of the ſayde Oyle, ſhe ſhall bee delyuered incontinent. It is lykewiſe good foꝛ all griefes of the bꝛeſte oz ſtomacke. It is a thinge aboue all other moſt excellent and miraculous foꝛ the plage, annoynting the raines of the backe, and in dꝛinking two dꝛagmes oz two dꝛagmes and a halfe in good whyte wyne: but note that it muſte bee dꝛonke befoꝛe the ſixte houre after the ſickneſſe is begonne, and rubbe the place of the ſyckenneſſe with it, it beynge heated. It healeth moꝛeouer all ma-

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ner vleers, sores, boyles, botches, and corrupte matter within the skinne couered with a skabbe, as well olde as new, & also brusings, or knocks. And good for other infinite thinges, as euery man may dayly proue by experience. And specially it is very good for the extraction or drawing againe of woundes or such like.

To make an oyle of a redde dogge, by the meane whereof (beside other infinite vertues that it hathe) I haue healed a Fryer of Sainct Onofres, who had by the space of twelue yeres a lame and dry withered arme lyke I sticke, so that nature gaue it no more nourysshement.

TAke a ponge dogge of redde heare, and keepe him three dayes without meate: and then strangle him with a corde, and let him lie dead a quarter of an houre, and in the meane time boyle a kettell of oyle vpon the fier, and putte the dogge in whole or in pieces, it maketh no matter howe, so that he be all there with the skynne and heare: & make him seeth so vntyl he be almoste sodden to pieces, keeppyng alwayes the kettell close couered. In the meane tyme take Scorpions to the number of foure skore or a hundred, and put them in a basyn on the fyre, vntyll they be thoroughly burned. Then putte them in the sayde kettle with the oyle and the dogge, puttinge to it a good dishefull of greate grounde Wormes, well washed, a good handfull of saincte Johns Worte, a handefull of wylde or marshe Mallowes, and a handfull of Malworte, with an vnce of Saffron. Seeth all these thinges well together, vntyll the flesshe of the dogge be broken and fallen in pieces. And because ye must haue much oyle, ye may at the first putte into the kettle two partes of water, and one parte of oyle: and in sethinge ye maye powre in water, vntill the dogge bee all together broken, as is alreadie sayde: then let it ware colde. After this ye shall take the bones of him and the herbes, and when ye haue prested and squissed them well, that all the substaunce remaine in the sayd oyle, cast them away. This doen, you shal take onely that which is aboue vp

on the water: that is to saye, the oyle and the grease, and cast away the water if there be muche: but if there be but a litle, so that you can skant discerne the oyle frō the water, ye shall take all together, for a litle water can not be but good. Then strayne it through a strayner or cannese, first weated or steeped in whyte wyne: and take then Vnguentum Agrippe seuen or eyght vnces, of the mary of the gambon and bones of a Hogge, a pounde, of the mary of the hinder thighes of an Asse a pounde, or as muche as you maye gette. Put all these thinges together with the sayde oyle and grease: and make it seeth vpon the fier: then adde to it a dishefull or an halfe of oyle rosat: & when it setheth, you shal put to it three vnces of Mastick, two vnces of Gomme Elemi, eyghte vnces of redde Waxe: But the Mastick and the Gomme muste bee well beaten into pouder and sifted. And when all this hath boyled by the space of halfe an houre, let it coole againe, and sette it in the Sunne in some kynde of vessell well couered by the space of certaine dayes. Then shall you haue an excellent substaunce and matter for all kynde of colde infirmities, and for many other. And as I haue alreadie said I haue seene the experience of it in a Frier of saint Onofrey, that is to say: of them that weare an habit of Roan colour: but (as he saied) he dwelt not in the monesterie, because of the saide infirmitie of his left arme, whiche was as drie as the braunche of a wythered tree. Moreouer, he saide vnto me, that he did not remember nor coulde tell whether that chaunced vnto him, either by sickenesse, or by some wounde or hurt. The saide arme was become smaler then the other almoste by halfe, so that the saide arme had almoste no strength at all, and coulde not helpe it selfe in any wise. I caused him then to bee annointed with the saide oyle (whiche I had set in the Sonne the Sommer of the yeare 1547.) by the space of. ii. Miserere, & made him tary in the Sonne vntill the saide oyle was cleane dried vp, and had perced thorowe the saide arme: and within. 15. daies, men did perceyue and see perfitlye that the vaynes gaue nou-

richment

rishment vnto the membre. Nine daies after the arme was as full of flesshe as the other: and with the helpe of god, was as whole and sounde, as though it had neuer bene hurte. This saide oyntment or oyle is a precious thing, and good for all cold infirmities, and for ỹ gout: and specially for all contractions or shrinkinges together of synowes or membres and woundes, albeit, the man were wounded in the middes of the bodye, in putting to it this oyle, shall a miraculous thing be seene: and it is also good for the sinowes. As I came from Ierusalem in the yere 1518 in a shippe, of the whiche the maister was called Peter de chioggia, we were set vpon by fiue foystes of Pirates, on this syde Cozphu, & one of the Mariners so attainted with the stroke of a gone that he had his arme bruised and broken, and wyth the same blowe another hurte in the brest. The Phisition would haue cut of the arme. But among other things that I caried about with me, I found a boxe of the said oyntment, wherwith I anoynted his arme, and in the space of sixe or seuen days, he was healed miraculously. I haue made many experiences, aswell vpõ my self, as vpõ others: and hauing geuen of it vnto diuers men to ayde them selues withall, thei haue tolde me that they haue foũd in it a meruelous vertue & operation. If you make this oyle in the time when the herbe of S. Johns wort is founde, ye shall put in the herbe, the blossome, and the seede: but if it be in the time when it can not be foũd, after ye haue made the first decoctiõ of the dog, as we haue said, ye shal boyle the oyle & the grease once again, putting to it the oyle of S. Johns wort, whereof we haue spoken afore, or as ye may get it: that is to sai, half asmuch as all the oyle and grease is. And if ye can not find Bismallua or wild mallowes, ye may put in stede of it, ỹ oyntment called Dialtea, which is found cõmonly at the Apothecaries. And when ye wil boile the dog in the kettle, it shalbe good to put to it, thre torteses that liue on the lande and not on the water, and so shall the said oyntment be very excellent for the goute. A certein man of mine acquaintaunce, of the age of thirtie yeres

vered with the gout, whome I made take of this oyle, and anoynt himself a litle in the place of the griefe, and about it, putting to it two partes of oyle rosat, one part of oyle violet, & two partes of the said oyle of ỹ dogge, told me that he had found a meruellous ease and helpe by it. And the said griefe returning againe foure times at sondrie tymes, yet anoyntinge himselfe therewyth thre times (as is afore sayde) the paine came vnto hym no moore in the space of three yeares that wee were in Rome together, whiche was the yere 1514. And this man was called Diego, a Portugall, and dwelte at the mount Iordan sith that tyme, being gone to Venise, and from thence into Leuaunt, I haue heard nothynge of hym.

¶ To make an oyntment, the most excellent in the worlde, whose vertues are infinite, as we will declare afterwarde. Which princes ought to commaunde to be made and kepe in their cõmon wealthes: and that it should be made in the presence of Phisitions, as Triacle is made: or at the least euerie man ought to haue it in his house, and specially bicause a man maye make a greate quantite of it: and the lenger it is kept the better it waxeth.

TAke first oyle Roset, the oyle of Violettes, ỹ Oyle of Neuuphar, oyle of Spick, oyle of the herbe called costum, commonly called cocus, or herba marie. The oyle of Bay, oyle of Nutmegges, the oyle of the blossomes of Jasemin, of eche of them a pounde. The oyle of Nutmegges, & of Sinamon, is made in seething, Nutmegges, or Sinamon well stamped, in oyle Olive. And in the like maner, ye may make the oyle or decoction of Xilobalsamum, of carpobalsamum, of Lignum Aloe, of Mirrhe, of Frankensence, of the gũme of Iuie, of Masticke, and of Cloues, and it shall suffise onely, to put in the oyle of these said spices, halfe as muche as eche of the other mounteth vnto, that is to say, half a pound. Likewise must ye make oyle of Campher, but ye muste not seeth it, but onelye warme the oyle Olive, in a litle pan

and

and poure it so vpon the Campher a good way of from the fire: than muste you souddaynlie couer it: for the Campher is so fine and delicate, that it would incontinent breath out and vanish away: and therefore bathe the Campher cleane vnto the lidde and sides of the pan bicause it cannot get out. You must put onlye halfe an vnce of Campher, for euery two or three pounde of the whole quantite of the other oyles together: than adde to it, a pounde of the oyle of Turpentine, made by distillation, and three vnces of the oyle of Storax Liquida: after this, put all these oyles so mingled together, into a great cawdron or kettell tinned within, whych must be high and narrow, to the ende that all the thynges, that ye will put in, may afterwarde be well couered, with the saied oyles: And the sayde cawdron, ought to haue a couer that may close him well and iustly: than set it vpon a small fire, and put in three of these blacke Vipers and venymous, three serpents, three snaks, three litle serpents called aspide, three vipers, iii. Todes. r. of these litle beastes, called in latine Tarantula or Stelliones, which be lyke vnto Lisardes, hauyng spottes on their backes like Starres, and. l. Scorpions. And if ye cã get any other venimous beastes, put them in quicke if not at ỹ first time, at ỹ least at euery time whã ye can haue them: and after you haue wel couered & closed the cawdron, giue it but a light fire, the space of. v. or vi. houres. It shal be good to set ỹ sayd cawdron, in maner of a fornaise, as it were to make Salt peter, or as Pope cawdrons be set: than after, by ỹ space of a day, make ỹ fire a litle greater, vntil al ỹ venimous beastes be broken in to pieces, & almost consumed in the said oyle, wherinto it should be good, to haue put first, a pot of good white Wine. Than hauing taken the cawdron from the fire and taken al the sayde beastes, presse them or wringe them hard in some canuesse or linnen cloth, weate with white Wine. Than take the oyle of Saincte Jhons wort, compounde, as we haue before declared, halfe as muche as al the oyle of the sayde beastes, and the thyrd part of the oyle of the redde dogge, mingle all well to-

gether, and put to it the blossomes of Selandine, the blossomes of Saint Jhons worte, suche a quantite as you wil, puttinge also to it, a handefull of white salte, the iuice of Taxus barbatus, and of white Dictamum, at your discretion: the Juice of Crispina rubra, yf ye can gette it. This Crispina rubra, is a herbe lyke vnto a Thistle, and is taken of Ioannis Agricola, to be the bryer called Respis: but it hath leaues lesser, and tenderer than a Thistle, and is eaten almost in euerye place, in Italie, in Salades. And there it is called in some places, Cardonello, and in Venise, Sigone. The red Crispin is in all poinctes like vnto the white and greene, and differeth in nothinge, but in colour: it is a verye precious herbe. I saw once a man, that cleft a yonge Kiddes head, almost a sunder: and after layde to it, onely the Juice of the sayde redde Crispin: and ioyned the head together, and bounde it with a bande: and in two daies the Kidde was healed, as sounde as he was before. Also it is very good, in the tyme of a Plage or pestilence, as wee will afterwarde declare. Than, yf you can get of the iuice of the saied crispina, or cardonello, ye shal put a pounde of it, wyth the saide oyles, and as much of the iuice of carduus benedictus, a pounde of the flouers or blossomes, of the sayd carduus benedictus, an vnce of Lignum Aloe in pouder, and an vnce of Saffron. Set al these thinges well mired together, in the Sunne, all the whole Sommer tyme, in diuers vessels of glasse, or of earth leaded within, wel couered with paper or linen clothe. And keepe it as a precious thing: whose vertues to expresse, it is impossible. The saied oyle is excellent good, principallye for all maner of contractions, and shrinkinges of the members, of a mans bodie, and of woundes, as well olde as freshe, against Fistules, Cankers, and the disease called in latin Scrofa, whiche is a swellyng in the throte, of gathered matter and bloud, whiche wee call in English, the Kinges euil, or the Quinsies, whan the place of the sore is rubbed wyth it, or when Towe weate in the sayde oyle is laied vnto it, and beginnyng in the first quarter of the waxe, or decreasynge of the Moone, (wyth the

grace

grace of God) the sayd accidentes, shalbe healed before the new Moone. Also the saied oyle, is good against all maner of venim or Poyson, beyng annointed about the hart, if the Potson be taken at the mouth: and if a man be bitten with any venimous beast, or hurte with anie intoricated weapon, ye must wryng wel the bloud out of the wounde: and than rubbe the place, and round aboute it with the saied oyle. It is also good for anie mẽber that is stiffe, and nomme, and almost for all diseases that can chaunce vnto mans bodie, wherunto anie outward application is made of it.

¶ A verye true and proued remedie, against a Quartaine ague.

YE must first of al, couer the patient, wel in his bed, about halfe an houre, before his fitte come, and set some coles or embers, beside his bed: than let him take and drinke, a glasse ful of Muscadell or Vinũ grecum or Malmsey, with as muche pouder of Assarabac, as will lie vpon two crownes of gold, or a litle more: and the wyne must be hote, or luke warme, and ỹ patient well couered in his bedde, for to make hym sweate: and the more he shalbe moued to vomite, the better it is, for it is a signe of good operation. Also the said patient, must endure the sweate, as muche as he may, & wipe himself with some linnen cloth, and after his fit is past, he may keepe his bed, or rise if he will. Than you muste take Sage, Rue, and the herbe called in Latin Bursa pastoris, as much of the one, as the other, and stampe them well together, and water them with white vinaygre, verye stronge: & so binde it to his poulse or wrest of his arme beneth the ioynte of the hand, leauing it so, by the space of a daye, and the morow after, take it awaye. When the fitte commeth agayne, ye shall take likewise of the sayd greene herbes, arowsed wyth vinaigre, as before, and binde them to his arme, and take againe of the pouder of Assarabac, keeping ỹ patient in his bed, as we haue saied, vntill he sweat inwardly.

And thus muſt he do. iii. times, and with the helpe of God, he ſhalbe thorowlie healed. There be many, that haue bene healed, at the ſeconde time, and other ſome, at the firſt. This way is the eaſieſt to do in the worlde, for ſuch a ſickeneſſe, and is no leſſe good for a Tertian. Some haue not taken the pouder in at the mouthe: but haue vſed onelie, the remedie vpon the arme, without keepyng their bedde, and walking vp and down, haue founde them ſelues healed. Other haue ben healed, by takyng onlie, the pouder with the Wyne, not vſynge the ſayd herbes at all.

¶ To heale wartes, a ſeerete verie excellent, and eaſye to be done proued and experimented vpon diuers perſons.

TAKE a crowne of Gold, or a gold ryng wythoute a ſtone, or els ſome other peece of gold, and heate it glowing hote in the fire, than ſeare the wartes wyth it. And yf you haue no golde, do it wyth ſome peece of hote yron, or cole of fyre, and leaue it ſo a lytle while, waſching the after with ſtrong lye. Do thys three times in one daie, or in manye. Than take a Radiſh (ſuche as men eate rawe) ſome what greate, and make a hole in it, as greate as you maye, the which ye ſhall fill with common ſalt, well beaten into pouder, and ſo cloſe vp the hole, with the peece that ye toke of, and put the Radiſh ſo in a diſhe, the ſpace of a nyght: in the morning ye ſhal find that the water of ỳ radiſh, ſhal be aboute in the diſhe, wherwith, you ſhal waſche often times in a daie, the ſaied Wartes, puttynge vpon them ſome cotten or wol, or ſome linnen cloth, weate wyth the ſaied water: Than ſhall you ſe, that within twoo dayes, the Wartes ſhall fall of, or at the leaſt eaſye to be plucked of. Thys done, annoynt the place with an oyntment, called Vnguentum aureum, or waſche them with the ſame water. If you haue no greate Radiſh, ye maie make the ſaied water of litle Radiſches, cutte in ſmale

peeces

peeces, laied in order, or rankes in a dishe, a ranke of Salt, and another of Radishes, and you shall finde the foresaied water. This water is also meruelous good for deffenesse, as we will tell you afterwarde, more at large.

¶ A verie profitable and easye remedy to be made against pluresyes, which in two daies healed a Smith, that was almost dead, and had not slept in two nightes.

TAke an Apple, whiche is called in Italian Melo appio, in Latin Malum appianum, and is yelow, and smelleth verie wel: if you can not get suche one, take Pome rials, or els some other Apple, like vnto it, of the delicatest, that men commonlie eate: make in it a hole, taking awaie some part of it within, so that the hole passe not thorow. Put into ỳ hole iii. or. iiii. graynes of Frankensence, of the male kynde otherwise called Olibanum: than couer againe the saied hole, with the litle peece that you toke of firste, & roste it so vpon the embers, so that it burne not, but that it may ware tender. Than take it from the fire, and breake it into. iiii. partes, with al the Frankensence in it: and so giue it the pacient to eate, it wil by and by, make ỳ Apostume to breake, & heale him cleane. The foresaied Smith, had al readie shutte his teeth, so that men were fayne to open them with a spoone or knife: and so they put of it into his mouthe, as wel as they coulde, and straight way he tourned with his breast, vpon the beddes side, and spitte out a great part of ỳ matter, that was come forth of the Apostume broken: and therupon slept more than. ir. houres, & whan he waked, he called for meate, & found him self thorowlie whole, which was a thyng worthy to giue God thankes for. Melo appio I take to be a pome royall.

¶ Another secret, or remedie, against the saied disease of the Pleuresye.

Take

TAke the flower, that sticketh on the bourdes & walles of a Mille, and make therof paste with water: and so make litle cakes, of the bignesse of a grote, or somewhat more, and hauing baked or fried them, in an yron ladle, or in a fryng pan, with the oyle of Scorpions, lay one of them so vpon the place, where the patient feeleth his greef, and that as hote as he may endure, rubbynge, and annoyntyng it with the saied oyle of Scorpions: and whā one of the cakes is almost colde. Lay to another very hote, & heate the first againe in the saied oile, and so consequentlie take awaie one, and put to another. x. or. xv. times, and shortly after the Apostume shal breake, and in spitting the matter oute, the patient (with Gods ayde) shal be healed.

¶ Another good secret agaynst the same disease.

OPen a white loke new baked, in the middle, and spread it well with good Triacle, on bothe the halfes, on the crommie side, and heate it at the fyre: than laie one of the halfes, vpon the place of the disease, and the other halfe on the tother side of his body directly: & so binde them, that they sturre not, leauinge them so a daie & a night, or vntil the Apostume breake: which I haue somtime seen doen, in. ii. houres or lesse. And than take awaye the breade, and immediatlye the patient wil begyn to spit, and voide the putrifaction of the Apostume, & after he hath slept a litle, ye shal giue him some meate, and with the helpe of God, he shall be shortlie healed.

¶ Another remedie against the same disease.

TAke a toothe of a wilde Bore: and if ỹ payne holde him in the right syde, ye must take the tooth of ỹ right iawe: if otherwise ye must take the left tooth yet notwithstanding, it hath been founde by experience to be all one of which iawe so euer it were. Scrape the saied tooth with a knife, vpon a cleane table, or vpon a paper:

paper: thã take of the same scrappyngs, as much as you maie laye vpõ two grotes, and giue the patient drinke of it, with a litle Barley water or pectorall water or in the brothe of redde Cicher peason, or w̃ white Wine with a lytle water. Thys hath alwayes bene founde very good and true.

¶ To make a water good for the breast or stomake, of the which men vse to giue them drinke, that be tourmented or greeued with the stitche in the side, or pleuritike Apostumes the which water is of a very good sauour, and mondifieth meruelous wel the breast or stomacke.

YOu shall take the rootes of the herbe whiche the Apoticaries cal Bismalua, or Maluauiscus in Englische wilde or marshe Mallow, and scrape from the cleane their skinne or barke, and take awaye the harde substaunce, that is within them: than cut them in smal peeces, and after you haue stamped them well, take halfe a pounde of them, and seeth it in a great panne, with these thinges folowing.

Hennie rosct, or ralwe Hennie, halfe a pound, Barley husked or excoriated, a pound and a half, of the fruite called of the Apoticaries Iniuba. iiii. vnces, drie Figges, iii vnces, prested Raisins, or other Raisins (which must haue their litle kurnels within, taken awaie) iii, vnces of the herbe Scabious, wyth the rootes well mundified ii. pounde, iii. Appels called Appiana mala (whiche is a kinde of Appels, as great as Quinces, hauinge as great a sauour, as they, & of colour redde, or pippins) or some such sweete and delicate Appels, that men vse to eate, cut in small peeces, of Frankensence the male kynde, called Olibanum an vnce, and yf you may haue Carduus benedictus drie or greene, ye shall putte in a litle handfull. Than seeth al this, vntill it be broken in peeces: and hauyng so sodden it, poure out the iuice of it, & presse or wryngе the herbes, and the Barley a litle: and giue the patient drinke therof, as well at his meales, as otherwise, and at night, before he go to bedde: the more he drinketh of it,

it, the better he shalbe: so that he drinke by lytle and lytle, because it mate not descend with to much violence. A man may vse this water, whether he vse the saied remedies or not: for of it self, it clenseth the breast and stomacke, ripeth and causeth the Apostume to breake: also a man must vse it, a daie or two, after the Apostume be broken, and voyded, to the ende to mundifie and clense the breast and stomacke the better. The saied water, is also meruelous good, for al maner of coughhes, and all other paines in the breast & stomacke. This water was giuen me at Bolonia, the yeare. 1543. of a gentylman, called Girolamo Russelli, with the whiche, the same yeare, he was healed of the same disease, in a short space without letting bloud, or vsing any other medecine, but onlie this water.

¶ Agaynst all diseases of the mouth, palate, throte, and gummes, or iawes.

TAKE Olive leaues, and stampe them with Plantayne water, presse them, and wrynge oute as muche Iuice of them, as you can

The whyche Iuice onely I some tyme vsed my selfe, and also gaue of it vnto others, against all dyseases of the mouthe, and haue founde it alwayes, to be of a meruelous vertue. But yf the greef or dolour of the palate, or mouthe, were so greate, that there were anie corrupte flesh that augmented, and eate alwaies more and more: than I gaue them, halfe a glasse full of the said iuice of Olive leaues, half a glasse full of Rose water, or somewhat lesse, an vnce of Honnie Roset, of the inside of Cassia, the quantite of a beane, Alam of the Rocke burned, two dragmes, the Lies of wine, the. viii parte of an vnce, fine or course Suger, halfe an vnce, Plantayn water an vnce, of the decoction of Bismalua, or Maluauiscus, a glasse full. All the whiche thynges, I let seeth faire and softlie, by the space of two Pater noster: than I let it coole againe, and caused the patiente, to gargell and washe his throte often times in a daye. It is a thyng, that hath not his like: but sometime, when the

the disease was extreme, I caused to be put to it, a quarter of an vnce of Spanishe greene. The sayde water is also merueylous good to heale all euill cankerous accidentes, about the priuie membres.

For all woundes and soores of the legges bee they recent or old, although the legges were couered ouer wyth them, and eaten vnto the bone.

TAke Agrimonie, and boyle it in whyte wyne, and after hauing stamped it, adde to it as muche of the leaues of an Oliue tree stamped lykewise, a fewe drie roses, lette all this seeth together, by the space of two Miserere: and then washe the legge well (that is to saye the wounde, and rounde aboute the wounde) with the sayde wyne luke warme. Then take these powders folowing, that is to saye Aristolochia, bothe of long and rounde Maistick, Myrre, Dragons blood, called in English Pellytory of Spaine, Aloe Epaticũ, Myll called in Latin Tutia, the barke or ryne of Gourdes buched, of eche of these an vnce, Mummia, or as some call it Humia, and Boale armoniacke, of eche of them a quarter of an vnce well stamped and strained, lay all vpon the saide griefe: then take the herbes boyled in wine as is aforesayde, and binde them vpon the wounde with a bande in chaunging it twise a daye, or at the least once, and you shall see the legge healed in fewe dayes.

To heale swollen knees or legges, redde and full of humours: a secrete merueylous good, easye to bee made, and of lytle charge, and oftentymes proued.

YE shal take the skinne of a dogge, if you may get it: or if not, take a whyte lambes skinne, or elles the skinne of a kidde, and cutte a piece of it as broade as the palme of youre hande, or more, and another piece of the length of your hande, or somewhat more: then melte in a pan on the fyre these things folowing:

rosen

rosen of a Pine tree two pounde, Galbanum. v. vnces, Mastick an vnce, Muske, Amber, Cyuet of eche of them fyue caretts, or as muche as you wyl, and breake the Mastick betwene two papers: then put the rosen and the Galbanum to melte in a panne with a smalle fier, and when it is well melted, ye shall putte the mastick to it, and sturre them well with a lytle stycke, to the entent that nothing burne. After this lay it abrode whote as it is, vppon the sayde skynne halfe a fynger thicke. Then take twelue or fiftene of these lytle beastes called Monkes peason or sowes (whereof is founde a greate quantitie vnder stones in moyste places) and stampe them in a morter, w̄ a lytle Barrowes grease: make thereof an vnction or oyntment to laye vpon the saide plaister of the skinne, heatyng the sayd skinne at the fier, and laye it vnder the knee, or vnder the calfe of the legge, harde bounde, and leaue it so two or three dayes: but if the legge be hearie, ye must shaue the hear awaye with a rasour, for the plaister wouldе els cleaue to it, when you take it of agayn, if you find that it hath made litle bladders, perce them, and wipe them cleane. This doen, washe them with the wine, wherin the decoction of the Agrimoyne, the Oliue leaues, the Roses, and plantaine was made: and so wype and drie theym againe. Make cleane also the saide plaister remouynge and sturryng a lytle the oyntment: and after chaufynge heated it againe by the fyre, lay it againe vpon the leg. Doe thus euery thirde or fourth day, and you shall see that the plaister shall haue drawen vnto it selfe in a small time a great aquositie of the legge, and shal haue taken awaye the rednesse, inflamation, and swelling. And if there bee a wounde, you shall beale it, as we haue aboue sayde.

A verye sure and perfect remedie agaynst a Sciatica, often tymes proued and experimented in diuers partes of the worlde.

Fyrste

Fyrste make this confection that folowth. Take three pounde of rawe Honnye, and put it in a pan with two glasses full of water, and make it seeth or boyle together, vntyll you see the skumme or frothe mounte vp, the whiche you muste take awaye. Then take the rootes of the Herbe called in Latine Acorus and in Englyshe Galingale, of the Herbe called yelowe Gladen, make them cleane, cutte them in small pieces, and stampe them well. Take of these Herbes one pounde for ỳ sayd three pounde of Honny, & putte them by lytle & litle into the sayd panne, alwayes sturryng them a lytle lettyng them so boyle by the space of a good houre.

Then put to it also an vnce of fine Synamom wel beaten into pouder, take it so from the fier, and kepe it in the same panne, or in some other vessell. Giue vnto the pacient of this conserue at night when he goth to bed, aboute foure or fiue sponefulles, and in the morning earely as much or more. Giue him also thereof before his meales and after: the oftner he eateth of it the better he shalbe. If it be in winter, heate it for him a litle: and while he thus vseth it, let him always sit vpon his buttockes, that is to say: vpon the bone or huckle wher the Sciatica is, with the plaister declared in ỳ chapter before, that is to say of ỳ Rosen, Galbanũ, Mastick, the litle beastes called Monkes peason or sowes, with the rest there mencioned. Then at the ende of ten dayes take it of, and laye it other ten dayes vpon his thigh. And from thence take it againe making it cleane, myxing and sturring it a newe, and laye it vnder the calfe of the legge tenne dayes more: and euerye tyme you shal see that it wyll haue engendred lytle puffes or bladers, and drawen to it self al the aquositie and watrishnes in suche sorte, that it wyll take awaye the griefe and heale it. This is a verye rare secrete against suche a disease, which verye fewe Phisitions could hitherto fynde certayne remedye for. If in case the disease bee olde or hath runne longe, geue the pacient sometyme this glister folowyng. Take Mallowes, Mercury, Fe-

nell,

nell greue or roſe, Wormewod, Rue, wylde Cucumbers broken, as muche of the one as of the other: than put to it two handfulles of braune, ſeeth al in common water, vntill the thirde parte bee diminiſhed: and ſo let it coole againe. After this take a diſhe and a halfe full of this decoction, three ſponefulles of ſkymmed Honnye, oyle of Camemille, and oyle of Rue, of eche of them an vnce and a halfe: mingle all well together, and make a gliſter of, whiche you ſhall miniſter vnto the pacient in the morninge: and ſo make hym lye vpon that ſyde where the Sciatica is. Two daies after ye ſhall giue him another gliſter, after three dayes another: and than foure dayes after yet another, continuyng ſo a moneth together. If the griefe be ſo indurate and hardened that it will not be healed by the aforeſaid remedies, you maye giue him Pilles the thyrde daye after, the fourth day, the fyfte daye, and ſo vnto fyue or ſeuen times. But the Pilles will profit the Pacient nothing at all vnleſſe he abſtayne from eating ſalte or ſharpe meates, and from all ſortes of pulſe corne, as Peaſe, Beanes, Tares, and Fitches, and ſuche other: Likewiſe from drinkyng water or white wyne. Many haue been healed onely with the ſaide plaiſter, not leauyng to doe their buſineſſe abrode notwithſtanding: other haue alſo vſed the conſerue. But in ſo manye yeres I haue had but two vpon whome (for to take awaye the diſeaſe being olde and farre goen) I was conſtrained to vſe the ſaide Pilles and Gliſters, whereby they were healed. I had alſo one whiche vſed but only the plaſter and the conſerue, of whom the huckle bone was out of ioint, and hardened, and with the ſaied remedie he was perfitly healed in the ſpace of three ſhore and tenne dayes, and the ſaide bone retourned againe into his former place and ſtate: but he tolde me that whileſt he vſed the ſaid plaiſter and conſerue, a Nonne counſeyled him to take from daye to daye, foure tymes the bigneſſe of a nutte of Turpentine waſhed in Rorage water, and that he ſhould not tell me of it, where by he found him ſelf healed in ſhort time.

A water

¶A water for to heale in fiue daies at the most, al maner of great skabbes, as well inwarde as outwarde: and is a water cleare and white, and is of an odoriferous sauour, such as a man may present to a Quene.

TAke Plantaine water two glasfefulles, Rose water a glasfefull, of the water of the flowres of Cytrons or Orenges halfe a glasfe full, or lesse: put all thys together in a cleane panne or violle of glasse: and put to it an vnce of Sublyme, that is to say: quicke siluer, such as commonly is founde at the Apothecaries: it muste bee well beaten to pouder. Then let it boyle faire and softly the space of a quarter of an houre: and hauing taken it from the fier let it coole, then put it in some violle: washe the skabbie place withall at night, and then let theym drie againe of theym selues, and let them alone so the nexte day without washing them, and then washe them againe the thirde daye, but not the fourth. At the firste and seconde time that you washe them, it will make all the skabbes within the bodie to breake out: and at the thirde time ye shall so drie it vp, that you shal finde all nete and cleane, bothe without and within. There is no remedye in the worlde more noble then this, nor easier to bee made: and forsakinge al maner of stinking ointmentes, bathes, or thynges that men take at the mouthe. Thys water maketh a mannes flesshe white. And seinge it drayweth out so all the euill, salt, and corrupt humours, as well within as without the bodie, it is an easie thing to beleue, that it is verie good for the Pockes, the Goute, and manye other infirmities, according to the iudgement of hym that wil putte it in effecte, and namelye, because that the saide Sublimat is verie good for to eate awaye all the corrupte and dead flesshe, and to heale all woundes thought incurable, as we wyl shewe you hereafter.

¶Against the disease or griefe of the flanckes and the Colicke passion, experimented and proued diuers tymes.

BEcause it seemeth alwayes that with the paine of the syde, is alwayes ioyned the griefe of the raines, or the stone, it shall bee good to vse these two remedies preseruatiues, very easie to be made of euerye man of what condicion or estate he be.

The first is to haue alwayes in his house kernelles of Peches, and to eate of them euery daye fyue or sixe before dynner and supper, with salte and breade, the which beside that they preserue a man from the paine of the syde, thei kepe him also from being dronke, and that the wine hurt not hys braine or heade: they cause to haue a good appetite, they confort the stomacke, and the brest, and driue out of the body, lykewise all maner of wormes: The other preseruatiue is, to eate often in Salades Mugworte or Motherworte, or elles in your pottage. Many in Italy in steede of Mugwort take the herbe called of the Apoticaries Matricaria, in Englyshe soote Maiorani or Maioram gentle, whiche is of a sauour verye bitter: but it is not the same that I meane. But the Mugworte or Motherworte that I speake of, is an herbe that hath leaues lyke vnto Perseley: but muche longer, and hath a stalke in the middes, that is harde, and is of the colour of a darke Greene aboue, whyte vnderneath. And in manye places men call it herbe S. John, that menne and women weare aboute them on Midsomer euen. This herbe hathe no sauour at all neither swete nor bitter, so that in chewing it is rather found sweete then bitter, hauing somewhat the sauour of Mallowes, and therfore it is good to be eaten in Sallates, in Pottage, or otherwyse. If you can not get him alwayes greene, ye maye keepe him drie, or in pouder, or distilled: and the more you vse of it, the better it is. Beside that it preserueth one from the payne of the syde, of the raines, and from the stone: it is also good agaynste all the diseases of the body. Nowe when any man shall feele hym selfe sycke of the sayde payne of the syde, it shalbe good to vse Clisters, and principallye of this folowynge.

Take the dunge of a blacke Asse, yf you can gette it:

if

if not, let it be of a whyte Asse: and the dunge musse be freshe and newe, the whiche you shall seeth or boyle in whyte wyne, putting to it a handful of Annis, a lytle oyle of Camomille, a litle oyle of Capers, with a handful of Bran: let all boyle together, by the space of one Miserere, or a litle longer: than, take it from the fire, and presse the substaunce out, whiche shall remaine in the wine, wherof you shal make a Glister, for the sicke man as hote as he may endure it, and let him kepe it in his bodie, as long as he may, and he shall finde it very excellent.

Another remedye agaynst the same disease.

TAke halfe a glasse or lesse, of the iuice of Barberies, when they be verye redde, and rype, and put into it as muche redde Corall, well beaten in pouder, as will lye vpon two grotes, and giue the pacient to drinke therof.

Another perfect remedy against the same disease, and to make a man pysse that hath bene thre or foure dayes wythout making water, and that in the space of halfe an houre, and will breake the stone within. x. or. xii. dayes.

TAke fyne pouder of Virga aurea, and put a sponefull of it, into a newe layed Egge, soft roste, and giue the pacient drinke therof, in the morning at hys breakefaste, and let him not eate at the least in foure houres after, and then shal he make water in lesse than halfe an houre. If ye vse this continually, the space of x. or. xii. dayes as is aforesayde, ye shall make him pisse out the stone without any paine or griefe.

Another remedy agaynst the stone and payne of the raynes.

TAke the seedes of blew Violettes, or march Violettes, the seedes of common Burres, with their litle poddes and all, or ripe Burres a pounde, put them to drie in an Ouen (for otherwise it wyl be a hard

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thyng to stampe them) stamping them afterward with their seedes. This done take a quicke Hare, and strangle him with a corde, to thentent there be none of the blood lost: put him so whole, or in pieces into some vessel, feete, guttes, head and all: then put him to burne in an Ouen, so that all, as wel the bones, and the skinne, as the flesshe be brought to pouder, this done, ye shall stampe it well and mingle the pouder with the twoo other pouders aforesaied: drie Oken leaues, wel beaten to pouder. iiii. vnces, drie Sarifrage or Saxifire, halfe a pounde, Waye berries. v. vnces. Let al these thinges be wel beaten in pouder sifted and mixte togecher.
Giue of this pouder vnto the pacient, as much as wyll lye vpon a grote, makinge him to drinke it in the morning to his breakefast in whyte wyne, and let him doo this often tymes. It is the moste exquisite thing in the world, as well for the grauell, as for the stone: but for the grauell you muste take lesse, and not so ofte as for the stone.

The last and the moste excellent remedye of all agaynst the stone, be it in the raynes, or in the bladder, of what qualitie or quantie, soever it be.

In the moneth of Maye, when Oxen go to grasse, or bee at pasture, ye shall take of theyr dunge, not to freshe, nor to drie: than distille it faire and softly (to the ende it smell not of the smoke) into some vessell of glasse, or yearth leaded within, of the which dunge wyll comme a water, without sauour or euyll stenche, which wil be very good, to take of al maner of spottes, or blemishes in the face, yf you washe it, with it, morninge and eueninge.
You shall keepe the sayde water in a Violle well stopped: then take thre or foure Radishes, suche as menne eate in salettes, cut them smal, and put them in a violle and fill vp the violle with wine greke, or good Malmsey, or other good white wine, letting it stand so in the Sunne, and in the ayre a daye and a night. Than take one parte of that wine, two partes of the sayde water,

of

of the Ore dunge, halfe a parte of the water of Strawberies. iii. oz. iiii. drоppes of the iuice of Limons, oz Citrons: and let there be of all these waters, so proportioned together, halfe a glasse ful, oz some what moze, into the which, you shall putte a peece of Suger, oz a litle Honnie roset: foz the one and the other, serue as wel to the sauour, as to the profyte of the substaunce. After this, you shal put to it some of the pouder mentioned in the Chapiter befoze, as much, as will lie vpon a grote, and than giue the patient drynke of it, and shortly after you shall se a wonderfull effect: foz many, vnto whome I haue giuen of it, haue not tarried half an howeer, but they haue pissed, in the whiche pisse, they haue founde so many litle stones, that all together, came to the bignesse of a Walnutte, and of others, vnto the quantite of a hasel Nutte: in vsinge often the saied remede, they haue finally bene perfectly healed. I caused once a gentilman of Millan, to take of it by the space of. xii. daies whome the Phisitions estemed as dead, & would haue cut him, but in the space of the saied. xii. daies, I made come out of him so many stones, that al together came to the quantite of an Egge, I made him make his water thorow a linnen cloth, laied ouer an Urinall, to the intente, to take vp the stones together: and the thirde mornynge, he wouldе take the glasse, a lytle moze than halfe full, and shortlie after, being about to make water, he began to crie out, foz the great paine he felte in his yarde: after this paine was passe, lookyng in the linnen cloth, he founde a stone as longe and as bigge, as a Bene, somwhat pointed at one of the sides, which paraduenture, in passing thorow his yard, caused him to haue all that payne. Now, although that manye, as wel of olde time, as now of late daies, haue written diuers and sondry remedies, against the saied disease, yet was there neuer found a surer, truer, oz presenter remedie, than this. The saied water and the pouder, may be kept longe, but you must at euerie time renew the wine of the saied Radish, and the iuice of the Limon oz Citron, foz in the space of two daies (the wine chiefly)

D. iii. giueth

giueth such a sent, that a man may skant endure it.

¶ For him that spitteth bloud, by hauing some veyne of his breast broken.

TAke Wyse dunge, beaten in pouder, as muche, as will lie vpon a grote, and put it into halfe a glasse full, of the iuice of Plantain, wyth a lytle Suger, and so giue the patient drinke therof, in the mornynge before his breakefast, and at night before he go to bed. Continuing this same, you shall make him whole and sounde.

Agaynst the greefe in the Lunges, and spittinge of bloud, a thyng experimented.

TAke an herbe called Farfara, or Tussilago, of the Apotticaries Vngula caballina, Coltes foote in English, the Frenche men call it, pate delión. Incorporate it wel, with the larde of a Hogge, chopped, and a new laied Egge: boyle all together in a panne: and gyue the patient of it to eate, doyng this .iii. morninges, and you shall se a meruelous thyng. This is also very good, to make a man fatte.

¶ Against the paine of the flankes, of the reynes, and all other greefes.

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TAke three quarters of an vnce of Storax liquida, Capons grease, or Hennes grease, the grease of a Goose, the grease of a Ducke, of eche of theim .v. dragmes, of oyle roset. iiii. dragmes, of redde Wax. ii. dragmes and a halfe, of Butter half a dragme: melt the greases, the oyle, and the Butter altogether, power them together, and mingle them. Than hauyng put to it the Storax, spredde it vpon a lynnen cloth, and solase it hote vpon the place of the greefe, and you shal incontinent se him whole.

¶ Against the stinkinge of the breath.

Take

Take Rosemarie leaues, with the blossomes, if you can get them, and seeth them in white wine, with a litle Myrrhe, Sinamom, and Bengewin: and taking of the saied wine often times in your mouth, you shall finde a maruelous effect.

¶ Agaynst the bytyng of a madde dogge, and the rage or madnesse that foloweth the man after he is bitten.

Take the blossomes or flowers of wilde Thistels, dried in the shadow, and beaten into pouder, giue him drinke of the same pouder, in whyte Wyne halfe a Walnut shell full, and in thrise takynge it, he shall be healed: A thyng founde true by experience.

¶ To take a waye the dead flesh, that commeth or groweth in the nose.

Take the iuice of Leekes, that haue not bene twise planted, and adde to it a litle greene war, and make an oyntement therof, puttyng to it a litle of ỳ fine pouder of the leese of wine, and put often times of this oyntement in the nose of the pacient, and you shall se a meruelous thyng.

¶ For one, which (with falling from some high place) feareth to haue some thinges broken in his body.

Take halfe a glassefull of oyle Olive: and put into it, pouder of the seede of Cresses, the quantitye of halfe a Walnut shelfull, than giue it the patient to drinke, at once, or at twise. It shalbe good to let hym bloud, immediatlie after he is fallen, or as soone as is possible, and as soone as he is let bloud, giue him thys drinke. And he that cannot drinke the oile, let him take the pouder with wine. If you cannot get the seedes of Cresses, giue him of the pouder of Nene, of the whiche there is always inough found at ỳ Apoticaries: if he be brused or hurt outwardlie, annoynt the sore place with oyle Roset, and than lay vpon it, the leaues of Mymis, and of dried Roses, and so shal you heale him parfitlie.

¶ A verie good ealie remedie, against the disease, called the Kinges euill.

TAKE the herbe called Farfara, Fole foote in Engliſh, wel ſtamped with his rootes, and beyng mingled with the flower of the ſeede of Line or Flare, and the greaſe of a barrow: make therof a plaiſter, and laye it vpon the ſore, changyng it twiſe a daie, and all the ſores of the diſeaſe, ſhall bee reſolued into ſweate. After thei be healed, waſhe often the place wyth white wine, by the ſpace of. x. or. xv. daies.

¶ Another remedie againſt the ſame diſeaſe.

TAke the ſtones of a horſe, and put them in a Fier pan, among the embers and coles, leauinge them there, vntyll they may be beaten into pouder, than giue the patiente drinke of the ſaied pouder, in white wyne, the quantite of two pennie weight, continuyng this the ſpace of. xxi. daies: by this meanes you ſhall make him caſt out at his mouth, all the ordure and filth of the cuill, and ſhal heale him thorowly.

¶ To know whether a woman, ſhall euer conceiue or not.

Coagulum Leporinũ de la preſſure de lieure.

TAke of the ruen of a Hare, and hauyng frayed and conſumed it, in hote water, giue it the woman to drinke, in the morning at her breakfaſt, than let her ſtande in a hote bathe: and if there come a greefe or payne in her bellie, ſhe maie conceiue: if not, ſhe ſhall neuer conceyue.

¶ A verie rare remedie for to take the kernels out of a mannes throte, in fiftie daies at the furtheſt.

TAke the rootes of Malwort, well waſhed, and boyled in white wine, and take alſo theſe thynges folowyng: Sponge burned halfe a pound, & two hundred cornes of Peper. All theſe thynges being well beaten into pouder, boyle them, in the ſaied wine with the Malwort rootes: and hauinge ſodden them wel, poure out ỹ wine, and kepe it in a viol wel ſtopped in ſome moyſt place, than giue the patient of this wine to drinke, three times a day, at euerie time a glaſſeful, that is to ſay, morning, none, and night.

And

And while he vseth this, he must eate no other breade but Barley breade, and drinke his wyne without water. He must also abstaine from eatyng any maner herbes, Fysh, Garlick, Beetes, or other suche lyke. Thys maner of regiment, ought a man to begyn, at the full moone, continuyng vntil the ende of the same, and after vntil the quarter encreasynge, of the nexte Moone: that is to say, xiiii. daies, and without doubt the patient shal be healed.

¶ Another remedie, easier to be made.

TAKE drye Camomill redact into pouder, and mengled with Honnie, then take in the morning a sponefull of it, into your mouth, and as much at night, lettyng it go downe of it selfe: vse this continually, vntyll you be healed, vse good gouernement as is afore sayde.

¶ A thinge proued, and experimented, to be verie true against the same disease.

TAke Polipodium (which is an herbe, like vnto Ferne) growyng vpon the stumpe or stocke of a Chestnut tree, if you can get of it: yf not, take of the other, and beate it into pouder, giue the patient drinke therof, with wine or Honnie, twyse a day, at eche time, as muche as will lie vpon a grote: continue this, by the space of. xxi. daies beginning at the quarter decreasyng of the Moone, and keeping alwaies good diet, as is aboue said, he shall be whole.

¶ To make the skinne stretch and returne agayne into his place after the kernell is healed.

TAke the knoppes that remaine on the Rose stalke after the Roses be fallen of (whiche be like beade stones, facioned like an Egge) with the seede that is in them, Alom of the rocke, the flower or blosome of a Pome granade, of eche of these a like quantitie. Seeth them in white Vinaigre, vntill halfe be consumed, put to it also halfe as muche as all the rest, of Ros syriacus or

Rbus,

Rbus. Which the Apoticaries call Sumach, or Sunach, ſtamped, and boile all agayne, vntill all the Vinaigre be almoſt wholy conſumed. And of that whiche remaineth, annoynt the place rounde aboute: and by that meanes ye ſhall cauſe the ſkinne to ſtretche, and come to hys place, as it was before.

¶A verie exquiſyte remedie againſt the diſeaſe called in Latyne Angina, and in Greeke Synanche, whiche is an inflamation of the Muſcle of the innet Gargill, the Frenche men call it Squinancie, in Engliſhe Quinſey,

TAke the water of Scabioſe, a pounde, of Aqua vite, an vnce, mengle them together, and laye it vpon the ſoore, or griefe, and you ſhall finde the Patient whole in three houres.

¶Another agaynſt the ſame diſeaſe.

TAke Swallowes, bake them in an ouen, beate thē to pouder, and laye them vpon the griefe thorowe the mouth if it be poſſyble: if not you ſhall entermingle it with Honnye Roſet, and a lytle Flower or Meale, of Amylum, & then put it in his mouth, letting it goe downe of it ſelfe, and you ſhall ſee a marueylous thynge.

¶Another againſt the ſame ſickeneſſe.

TAke oyle of blewe vitriolle, and put two or three droppes of it, in white wine, with the whiche you ſhall gargle or waſhe your mouthe and throte often tymes.

¶A verie good remedie agaynſt the kinges euyll.

TAke Ceruſe or white Leade well ſtamped fower vnces, oyle Olyue, eyght vnces, let this boyle together fiue or ſixe houres, ſtyrring it continually: and

and when it is waren or become verye blacke, it is sod den ynough: then spreade it vpon a lynnen cloth, and laye it vnto the place of the soore: yf the soores be broken, they will be healed incontinent: if not, they will resolue and leuse, and shortly heale thorowly

¶ To heale the same disease by a substaunce taken at the mouthe.

Dresse a Henne as it were to eate, so that she bee boyled in a great potte or caudron, with a great deale of watter without Salt letting it boyle vntyll all the bones bee seperated from the flesshe: than take the saied bones and drie them in an ouen, or at the fier, so that they bee not burned or ware blacke, after this beate them well to pouder, and take of the seede of Sesamum, beaten well likewise into pouder, & mengle it with the pouder of the Hennes bones, as muche of the one as of the other. And so take a sponefull of the two pouders, and mingle it with Honnye, causing the Patient to eate of it at night when he goeth to bedde, and in the morning when he riseth. This ought to be doen from the beginning of the quarter decreasinge of the Moone vnto the ende: It is a verye excellent secrete. It also happened to me of some men, in whome the saied disease was so olde and so farre gone that this saied remedie couldе not helpe them, whome I caused to take wyth the saied pouder specified as followeth, whyche ought to bee made after this maner. Take a certayne litle Serpent called a Slowe worme: boyle him in oyle Olyue, vntil he bee broken and consumed, then rubbe the euill with the saied oyle, and lay pieces of towe vpon it, leauing it so three or foure daies: and after that, make a newe anoynting, and laye tow to it againe as before. By this saied remedie I healed them perfytlye, thankes bee vnto God.

A

¶A heauenly water which hath many gooly and notable vertues,as we shall sheywe you after.

TAKE Cloues, Nutmegges, Ginger, Zeduria, long Pepper, rounde Pepper, the seede of Jenuper, Orenge pylles, the blossomes or floures of Sage Basyll, Rosemary, Maioram, rounde Mint, Bay berries, Pennyryal, Gentian, calamintha, the floures of Elder, the flowres of white and redde Roses, Spicknarde, Lignum Aloes, wylde Cubebes, Cardamomum, or graynes, whyche the Apotycaryes call Granum paradisi, fyne Cynamom, Calamum Aromaticum, Sticados, Chamedrios, called in Englysshe Germander, Camepitheos, Melligetta, Mastycke, Ensence, of the male kinde, Aloe epaticum, Anise seede, the seede of Maioram, or Maioram gentle, drie figges, drie Raisins, Dates, swete Almondes, kernelles of a Pyneaple, of eche of these an vnce, white Honnie, fire vnces. Then take Suger waiyng asmuch as all the saied composition, and mengle well all together, putting also to it Aqua vite waiyng as muche as all the saied substaunce, but the saied Aqua vite muste bee distilled fiue times thorow a Limbecke, receyuing alwaies the best: and mingle all the saied thinges together in the saied water: then put all into a violle wel stopped, leauing it so the space of two dayes. Then afterwarde you shal sette it vpon the fornesse w̄ his Limbecke and recipient, distillynge it wyth a smale fyer, wherof wil come a cleare, and precious water, continue so the fier, vntill the water begin to chaūge his colour, and come forth white: then chaunge the recipient, and receyue the saied white water a part, for it is not good, but for to blaunche and make white the face, and there is neither spotte nor lyntell, or any kynde of redde burgeons in the face of a man, the whyche, beinge washed with this water by the space of fiftene daies wil not go out, and weare away, leauing the face and the skynne white, shininge and well sauouring. This is a verye rare kinde of washinge, and meete for great ladies and princesses. You shall mire the firste water whyche is cleare, with Aqua vite of like quantitie, the whyche is

called

called Mel balsami. Nowe hauynge putte and lefte all these thinges in a violle well stopped, the space of two dayes, set it to distill with a small fyer, then receyue & put the first water by it selfe, which wyll distill verye cleare and odoriferous. When you see that the water beginneth to come forthe lyke rayne water chaunge your recipient, and receyue that same lyke wyse by it selfe, vntyll you see the thyrde water come out, whiche will bee of sanguine colour, the whiche you shall powre into a violle, and stoppe it well with ware: keepe it diligently as a precious thinge: for it hath many notable and excellent vertues, of the whiche the best bee these that folowe. The first is, that if you lay a lytle of it vpon a freshe wounde, there nede no other medicine to cure it. The second is, it is good for all olde wounds, against the Canker, the wormes, and against Noli me tangere. and all other diseases growing, ye must weate the sore places with it euerye seconde or thyrde daye once, and by thys meanes, in the space of fyftene or twentie dayes, he or they shalbe healed. The thyrde is, that if anye manne haue a Carbumcle, or Sainct Antonies disease, called commonlye in Italye and in Fraunce, S. Antonies fier, or other pestilenciall sickenes, and washe the place with the same water, it will kill it wtin an houre. The fourth is, it is good against the paine of the eyes, so that the eye be not out, or lost: if you putte a lytle droppe of it into the eie in the morninge, and as muche at night, it wyll heale the payne in fiftene dayes. And althoughe it be somewhat prycking, yet the griefe of it passeth soone away, so that it can not in anye wise hurte the eyes. The fifte is, that if anye man haue the stone in the raynes of hys backe, and in the bladder, & drinke thre droppes or a dragme of it with a litle white wine, he shalbe delyuered therof in fewe dayes. The sixte is that it healeth the Emeraudes or Pyles, if they bee washed with it euerye daye once. The seuenth is that it healeth all maner of disease or pain of the Matrice & the colick, when a spoonefull is dronke of it with the broth of a henne, or of cabbeges.

The

The eyght is, that when a man bathyth the shronken and indurate synowes of the bodie, they stretche, and heale in fewe dales. The nynth is, that it healeth runnyng and watrie eyes, when a droppe is put into them in the morning. The tenth is, that it is verie good to heale all maner of skabbe, skurfe, and other like thynges, washing them with it often times. The eleuenth is, that if a man put a droppe of it into his eare at night or in the morninge, it taketh awaie all the griefe and wormes that engender in the eare. The twelfth is, that it healeth all venemous bitinge, when ye washe the venemous place with it, and is farre better for such an accident then the triacle is. The thirteenth is, that it killeth all wormes in mannes bodie, if a man rubbe his nosestrelles, or drinke a verie litle of it. And finallie, it is also verie good for venemous hurtes or woundes, and for all woundes incurable. It healeth the kinges euill, and the disease called the fallinge sickenesse, and all other infirmities in the exteriour partes of the bodie, and with this water maye a man washe hym selfe, or elles drinke it. It is also good for euerye colde sickenesse, and restoratiue for olde folkes, or those that are consumed and debilitate wyth hunger, sickenesse, or sorow of mind. It conserueth the radicall moysture and naturall heate, it maintaineth health, and keepeth a man in longe lyfe, who so euer vseth it as it oughte to bee vsed.

¶ Pilles of a Meruelous operation and vertue, against the Sciatica, which we promised to speake of in the chapiter of the Sciatica.

Take pilles Alephangines, of Hermodactill maiories and minoris, of eche of them a scrupule which is the thyrde parte of a dragme. iii. graynes of salt Gemma, dissolue and fyre them with the iuyce of roses, and make of all this substaunce fyue pylles, and at the begynninge, when the Sciatica is feruent and greate, you shal take of the said fyue pilles euery fower dales:

and

and when it beginneth to declyne and aſſwage, you ſhal take them onely the fifte day, then the ſyxte, the ſeuenth and the eyght daye, vntill all be done: and take them alwayes in the morning at the breake of the day abſteining at the leaſt ſixe or ſeuen houres from meate Nowe although that the ſaide pylles be not for a man to kepe his chamber, and that they prouoke not to the ſtoole, yet ye muſte not drinke anye whyte wyne, nor water, nor eate anye ſalte thinges, nor anye kynde of pulſe corne, as beanes and peaſon, with ſuch other like nor oynions, garlike, or ſuche lyke: if the diſeaſe be inuerate olde or farre gone.

A notable ſecrete to heale a madde man, be it that the madnes came vnto hym by a whyrlyng or gyddyneſſe of the heade or brayne, or otherwyſe.

Fyrſt of all make him fower Glyſters in fower mornynges, one after another. Let the fyrſt Glyſter be ſymple: that is to ſaye, made with water wherein ye haue boyled or ſodden wheate braune, common oyle and ſalte. Let the ſeconde be of water ſodden with Violwes, Mercury, Mellytorye of the walle, and Violet leaues with oyle and ſalte. Lette the thyrde bee of water boyled with oyle, ſalte, ſodden wyne and honnye. And lette the fourth Glyſter bee of the lyke decoction that the thirde was, addynge to it Endiue, Buglaſſe, & the toppes of the braunches of Walworte. After that thys decoction is ſtrayned, ye ſhall putte to it an vnce of Caſsia fiſtula, and halfe a quarter of an vnce of Metridate. Nowe hauynge geuen hym theſe fower Glyſters fower ſundrye mornynges, you ſhall giue him thys medicine. Polipodium of an Oke well ſtamped, a handefull or twayne, and wrynge oute the iuice of it, and putte it in a glaſſe the quantitie of two fyngers highe, puttynge to it two vnces of honnye roſet, and a quarter of an vnce of Electuary roſet, and as much of dyafenycon. All theſe thinges being well incorporated together, geue thē vnto the pacient to drynke at night when he goeth to bed. ii. or iii. houres after the ſunne ſette, and giue it him luke warme: yf in caſe he will not take

take it, bynde him and holde him perforce, make hym open his mouth, put some stick betwene his teeth, and than powre the medicine into his throte, as men do vn to horses. And when he hath taken al, if it be in Winter you shal make him sytte so vpon his bedde halfe an houre well couered rounde about, to thintent he take no colde after it: if it be in sommer, ye maye let him go aboute the house where he wyll, but see that he go not out. When the medicine hath done his operation, take this oyntment folowing: that is to saye, a pounde and a halfe of the iuice of the rootes of Mal worte, wherunto you shall adde as muche butter: boyle this together a good while vntill all the iuice be almoste consumed, than put to it oyle of Camomil, oyle roset, oyle of saint Johns worte, of eche of them an vnce. Incorporate wel al these thinges on the fier, and make thereof an oyntment, wherewith you shall annoynt the patient from the necke vnto the feete, armes and legges and al: but the oyntment must be hote, and he must be so well annoynted and rubbed that the oyntment may penetrate and perce thorowe. Continue doynge this the space of a moneth, annoyntyng him euerye euenyng and morynge, or the least once a daye. The thyrde or fourth day after you haue begon to annoynte him, burne him with a hote yron vpon the seame of toynynge together of the head, and at the first lay vpō the marke a linnen cloth with barrowes grease, leauyng it so the space of viii. or x. dayes: and after wrappe a great Cythe pease in yuy leaues, and put vpon the sayd yuy leaues a pece of the sole of a shoe made fyne and thynne, bindinge it vnder his throte with some bande, or beneath his head, so that it may byde on, and chaunge it alwaies at night and in the morninge. If in case he passe fowe monethes and receiue not health, or returne to his witte, ye muste begyn agayne to giue him the same glysters he had before, and the same medecines annoyntyng him as before: and without doubt (by the grace of God) he shalbe whole. He must eate at the beginning chickens, mutton, and roste beale: after you maye geue him roste

and

and sodde with pottage of Amylum, Beetes and Mallowes, and also new layed egges, putting spices into his meate, causinge him sometyme to eate (eyther in his potage or otherwise) betayne, sage, maioram, & mint, not suffering him in anye wyse to take salte, sharpe or aygre things, pulse corne, Garlike, Onyons, nor such lyke, ye may geue him white wyne with water: let him also cary euer about him some good odours, and heare melodie or musyke: speake oftentymes soberlye and wyselye vnto him, admonishinge him to bee wyse and sage, rebuke him of his folye when he doth or speaketh any fonde thynges. And in suche case the authoritie of some sayer woman auayleth much to tell him all these thinges: for good admonicions are of great vertue, and strength, for to stablishe and settle a braine troubled or disquieted with any sickneese or passion.

Pylles of mayster Michaell a Scot, the which heale the griefe or payne of the heade, bee it inueterate or recent, purge the brayne, claryfye the syghte, cause a man to haue a good memorye, good colour in the face, and be also verye good for many infirmities.

YE shall take of Aloe washed. iii. scrupules, the rootes of wilde gourdes, of all sortes of Mirabolanes, of the confection made with Scamony, called Diagridion, Mastic, Baye berries, and Roses of eche of them halfe a dragme, of Saffron a scruple, Myrrhe half a scruple: stampe all well together, and make thereof Pilles with the iuice of Colewortes, and take three or foure of them when you go to bedde, euerye thyrde or fourth daye once.

Againſt the payne of womens breastes, a verye excellent remedye.

TAke the yelkes of two newe layed Egges, the weyght of two pence of newe Waxe, a lytle oyle roset, a lytle Nyll, called in Latyn Tutia, prepared and trimmed in Rose water, set all this on the fyre to

melte in a cleane pan, and when it is colde again, ſpred it vpon a linnen clothe, and lay it to the ſore breaſtes, but you muſte haue firſte waſhed the ſaide ſoore places with whyte wyne, wherein hath ben ſodden leaues of Roſes, Plantaine leaues, and the leaues of an Olyue tree, bothe greene and drie, and after hauinge wyped and dried it againe, laye the plaiſter to it, dreſſed and prepared as I haue ſayd, and incontinent the ſore ſhall be healed.

To rype a felon, cattes heare, botche, byle, or other apoſthumes or ſwellynges, whyche haue neede of quycke and ſodayne rypyng.

YOu ſhall take crummes of breade, Raiſins dried in an Ouen or otherwyſe, and than well ſtamped, Butter, Hogges ſuet, Leuen, Cowe mylke, and a lytle Saffron. Make of all this an oyntment and laye it vpon the ſoore, puttynge fyrſt a lytle Saffron in pouder vpon the verye place, where you wyll haue it breake, and vpon that the plaiſter, leauinge it ſo vntill night, and chaunge it morninge and eueninge, ſo ſhall you make it ſoone ripe and breake, then dreſſe it with oyle roſet and yelkes of egges one whole daye, after that purge awaye the ordure and fylth with ſome drawynge oyntment. Finally you ſhall lay to it the oyntment of Aloe and Tutia or ſome cõſolidatiue or healing oyntmentes.

To reſolue a felon or cattes heare, byle or botche, at the begynnynge.

YOu ſhall take a Citron, or Orenge, and parte him in the middes, take a lytle towe in a diſhe, and piſſe vpon it: after that preſſe or wrynge it in your hand and put to it a lytle commune ſalt well beaten to pouder, and lay it ſo hote vpon the ſoore, putting vpon the ſayde towe halfe the Citron or Orenge, and ſo bynd all this with ſome bande, chaungynge it euenynge and morninge,

morynge, and incontinent the corrupte matter wyll dissolue.

To make Emplastrum aureum, whiche is of a wonderful vertue for all sortes of woundes.

TAke Pix Greca, or colophonia, Brymstone, white encens, as muche of the one as of the other. Let all these things be wel stamped, and mixt wt the white of egges, then annoint a piece of parchement with this mixtion and wringe the wounde well with your two fingers to make the blood come out, laye the saide parchement vpon it, binding it with some lytle band, and the wounde shall shortly be healed. This Secrete had a Chyrurgen of Naples and wouldе tell it to no man in the worlde, vntill he him selfe beinge hurte, commaunded his felow to make this mixtion, and to lay it to the wound which was in his hande.

Another excellent secrete, whiche was brought out of India and is verye good for dyuers accidentes of mannes bodye.

CArduus Benedictus eaten: healeth all heade ache, causeth a good hearynge and memorie, taketh awaye the whyrlynge or giddinesse of the heade, comforteth the braine, causeth a good syghte, not onely, when a man eateth of it, but also when he rubbeth his eyes with the iuyce, or when a man putteth the ponder or water of it into his eyes. It purgeth also the stomacke, the throte, and bryngeth a good appetite, comforteth the breaste, consumeth reumes and murres, and healeth the payne in the bellye.

The wyne of this decoction, and the water whiche is distilled of hym dryeth vp all euyll humours, and ytches, healeth the splene and the stone: and when a Glyster is made of it, and of hyne or pysse, it healeth all ventositie, apostumes & the plage, so that you drink the iuice, or the ponder of it immediately after ye feele the griefe. And if a man laye of the whyte and roughe cotten that it hath after it is blossomed, vpō any woūd

that is not mortal, it wyll heale it in three dayes without payne or greife. The sayde herbe causeth a sweete breath, and when it is eaten, it maketh a man to haue good teeth and goumes, it healeth the disease of the matrice, and cheereth the hart: whan a man maketh a glister of it with the brine of a man chylde, it healeth the fallyng sickneſſe: the ſytche or payne of the ſyde when it is dronken with white wine warmed, and with hote water: it healeth all maner of feuers, when a man taketh it fowre houres before ỹ fytte come, but while he ſweateth he muſt be well couered. If the Mauyll of lytle chyldren fall, boyle the ſayde herbe in wine, & waſhe the Mauyll with it: it is alſo very good agaynſt all bytynges of Serpentes, and other poyſon.

¶ Againſt all maner of coughes, as well inueterate and olde as recent and new, a certayne and ſure remedy.

TAke Brimſtone beaten in pouder half an vnce, and putte it in a newe layed egge, ſofte roſte, mengle it wel together: than put to it Wengewine the bignes of a cicche peaſe, lightly ſtamped, & drinke it in the morning at your breakefaſt: make as much againe at night when you goo to bedde, and you ſhalbe whole at the ſecond or thirde time. But if the cough haue holden you long, you muſt take it ſo much the oftner

¶ An excellent conſerue againſt the cogh, and al anguyſhe of the breſt, which mundifieth and cleanſeth the ſtomack, & cauſeth a good voice, and a faire colour in the face.

TAke the rootes of wilde or marſhe Mallowes called of the Apoticaries Biſmalua or Maluauiſcus, mundified and made cleane, and cut in ſmalle ppeces, well ſtamped in a morter of ſtone. Than take ſome great potte or caudron that holdeth fyre or ſeuen great violles filled with water, & boile in it theſe thinges folowinge: Lickerous, Iſope, greene or drie, Sage, Roſemary, Carduus benedictus, figges, drie Raiſins, Amylum of Barley, or Barley flower, of eche of theſe thynges

at

at youre discretion, and as muche of the one as of the other: and adde to it more, a handefull of Succorye, wyth hys rootes, lette all this seeth in the sayde canuon or kettle, the space of an houre, or an houre and a halfe, and then lette it coole againe so that you maye well endure your hande in it. Than take oute all the said substaunces, and putte them in a cleane canuesse, and wring out all the substaunce into the sayed water in the kettell: put in it also two or three pounde of the saied rootes of Maluauiscus stamped, as before, then set it to boyle and seeth againe three howres or more: take it from the fier, and doe as you did at the first time: but if it had so muche sodden that all the rootes were broken and consumed, it shoulde not neede to haue strayned or wronge theim thorowe a canuesse. This doen, take the decoction of it, and set in a potte vpon the fier, with as muche Honnie, or litle lesse, leauing it to boile so faire and softlye, taking away the skomme that shal come of the Honny. After it hath thus boyled a good space, adde to it an vnce, or as muche as you wyll of Sinamom, and a quarter of an vnce or more of Benge-wine stamped, and a litle Muske: then take it immediatlye from the fyer, and couer it, to the entent it take no vent: specially, if you haue putte in the muske, whiche would elles vanische awaye with the smoke, wherefore you maye putte in the Muske when the water is luke warme after it is taken of: So shall you haue an excellent conserue to vse and occupie all the winter, as well at night, as in the morning, and at al times when you list, but you must at euery time you take it warme it againe, and take thereof. ii. or. iii. sponefulles at a time. And if you wil haue it thicker, put to it pouder of suger, or Penides: & if you wil haue it clearer, ye must put to it a litle more of the first decoction, which we haue spoken of. This secret is of suche excellencie, that if a man vse of it in the winter, as afore is saied, it is not possible for him to bee vered or turmented wyth the cogh, rumes, murres, catarres, or anye other like disease.

¶A goodly and pleasaunt secrete to heale the cogh, in rubbinge the soles of the feete: and is a thing very easye, and certayne.

TAke two or three Garlike heades, well mundyfied and made cleane, stampe them well, than put to them Hogges suet, and stampe theym well a newe: and at nighte when you goe to bedde, warme well the soles of youre feete, and annoynt them well with the saied confection, and then warme them again as hote as you maye endure, rubbing them well a prette space: and being a bedde lette your feete bee bounde with some warme lynnen clothe, and rubbe also the small of your legges with the saied oyntment, by thys meane you shall bee healed in three nyghtes were the cogh neuer so vehement. If you wyll at youre meales vse of the saied decoction in youre wine, or otherwise, you shal fynde your selfe wel at ease in youre stomake, and head, and shall the better driue awaye your cogh, and all other euill dispositions of the bodie.

¶A very goodly and easye remedie to heale in a day or twaine all maner of inueterate and olde woundes, wherein is growen dead and superfluous flesshe, and woundes that can not bee cured by any other medicines.

TAke three vnces of Turpentine (firste washed in commune water, and then in Rose or Plantaine water) and the yolke of an egge, an vnce & a halfe of oyle Roset, of Sublimat halfe a dragme: mixe all these well together, and make thereof a playster and laye it vppon the wounde.
And because it draweth somewhat, make this defensyue. Take two partes of oyle rosat, halfe a part of vinagre, a litle Boale armenick at your discretion, mengle al together, and rubbe within foure or fiue fingers or more round about ỹ wound. And holde not the infected mẽber to farre from the fyer, to the entent that whyleſt the dead flesshe is consuminge and eating awaye, you feele not so great a paine. After that the dead flesshe is eaten

awaye

awaye, laye to it a litle bande with butter, and leaue it vpon the wounde a whole day, and you shall see a merueylous thinge.

¶ Against all maner of pestilence or plague, be it neuer so vehement, a most certaine and proued thynge.

TAKE an Onion, and cut him ouerthwarte, than make a litle hole in eche piece, the which you shall fyll with fine Triacle, and sette the pieces together agayne as they were before: after this, wrappe them in a weete lynnen clothe, putting it so to rost couered in the embers or ashes: & when it is rost ynough, presse oute all the iuyce of it, and gyue the Patient to drinke thereof a sponeful: immediatly he shal feele him selfe better, and shall without fayle be healed.

¶ A verye good perfume against the plague.

TAKE Mastick, Cypres, Encence, Mace, Worm wode, Myrre, Lignum Aloe, Tegname, Muske, Ambergris, Timiama, Nutmegges, Myrtel tree, Bale tree, Rosemarye, Sage, Roses, Elder, Cloues, Genyper, Rewe, Pytche, and a kynde of rawe Pitche called in Latyne Rasis. All these thinges stamped and mixt together, you shall set vpon the coles, and so perfume the chamber.

¶ Another remedie verie good against the plague

TAKE the rype Berries of a Baye tree, and pille of the blacke skynne that is vppon theym, beate them into pouder with a lytle salte, and as soone as a man perceyueth hym selfe infected with the plague, and that he begynne to haue a hote feuer, he muste take a sponefull of the sayed pouder, myrte with a lytle Vineagre and water, beate it a lytle and drinke it, and then to couer hym selfe well, and slepe ynough: so sweating lustily he shall bee incontinent cured. But yf the feuer come with a colde, in stede of vinagre, he must take wine, and then doo all the rest as

before: a thinge experimented vpon many.

¶ For him that is sicke of the plague.

TAke white Dittany, Turmentille, white Coral, Gentian, Bolearmenicke, terra sigillata, Endiue water, Rue water, Rose water, white Vinagre, water of Scabiose (and the accident comming vpō him, ye muste make this wythin foure houres.) Take of the saied thinges stamped eche one by it selfe, and put them in some glasse or other vessell, and make of all a drinke at your discretion, makinge that the Vinagre mounte in the glasse a litle aboue the other thinges, and let the patient take it hote, and then couer him selfe in bedde vntil he sweate well, and he shalbe cured.

¶ A merueylous preseruatiue against the plague.

TAke white Dittany, rounde Aristolochia, Crocodilium, called also Cardina, or Cardua, Meruеyne, Gentian, Zeduaris, an herbe called in Latine pes Milui, of eche of them two vnces, stampe all this a litle, with a handfull of Rue, than take a violle that holdeth at the least three quartes, and fyll it with the best wine that you can finde, whereinto you shall put al the forsaied thinges, and leaue it so standing in your house: And in daūgerous times, take euery morning before you goo out of your house, halfe a glasse full of the saied wine: but you must haue taken firste a Walnutte, a Figge, and two or three litle braunches of Rue. If you doe this in the morning, you shall bee assured for that daye.

¶ An oyntment to make an apostume breake, and the soore of the plague to fall of.

TAke a quarte and a halfe of common oyle, & sette it on the fyre in some vessell, then put to it foure vnces of Ceruse or white leade well stamped, litarge of siluer verie fine and thinne, three vnces, common Ware, foure vnces, and leaue it so longe vpon the

the fyre, vntyll you maye spreade it wyth youre finger vpon a marble stone. This doen, take it from the fier, and powre a litle Vinagre vpon it, but you must holde it farre of, to the intent it leape not in youre face: than make of this oyntment a plaister, as greate as all the sooze, and make a hole in the middes of it as bigge as a peny: after this, make a litle plaister of some oyntment that mortifieth, of the bignes of ỹ said hole: than make another plaister of the same bignes, the which you shal late vpon the sooze, so that the plaister with the mortifi yng oyntment bee betwene bothe, and leaue it vpon the sooze the space of. xxiiii. houres, than chaunge onely the middle plaister, that is to saye: he that mortifieth, and put another in his place, the which you shal also let lie foure and twenty houres: and before that the plaister bee laied rounde aboute and stretched, annoynt the place verie thicke with freshe Hogges suet, or Hennes grease, to mollifie it, and so you shall make it harde in the middle, and rounde aboute you shall make a circle of tender flesche, in such sorte that the sooze wyll breake oute and come forth. And the eyght and fourty houres once passed, after you haue taken of the plaister, lay vpon it another plaister made with freshe Hogges grease and immediatly will fall of from it a dead flesche in maner of a rounde pommell, and there wyll remayne a hole, the which you must heale with some oyntmente or elles with Diaculum magnum: & when the flesche beginneth to growe, laye to it burned Alom, by the space of foure and twenty houres, and then the saied oyntment vpon it.

¶ Another remedy agaynst the plague.

Ye shall take the toppe of Rue, a garlyke heade, or halfe a quarter of a Walnutte, and a corne of salte: eate this euery morninge, continuing so a moneth together, and be merye and iocunde. This receipt is also good against wormes.

¶ Another very good remedy against the plague.

Take

TAke Aqua vite, the water of wylde perceley, called in Greeke Melissophyllon, Melyphyllo, and Melinon, and in latine Apiastrum, and Plantayne water, of eche of them a pounde, and whan you wyll vse of it, whiche you ought to do daylye, you shall take as much of thone as of thother, so that all together mount to the quantitie of two fingers hygh in a glasse, & than drinke it, so shal you be preserued and saulfe, from the plague. This water is also good for fistules, and woundes, and is well tryed and experimented.

¶Another perfecte receyte agaynst the plague.

TAke a vyolle, or some other glasse, and fyll it vnto the thyrde part ful with fyne tryacle, and one thyrdendeale, or third part w̄ Aqua vite, and the other thyrde part with the vryne of a ponge man childe that is a vyrgyne, and helthfull: myre all wel together, and giue the pacient drinke therof three morninges, that is to saye, euery morning a glassefull. This hath ben proued in Venise, the yeare 1504.

¶Another agaynst the plague.

AS sone as the person fealeth him selfe infected, let hym take the best Triacle he can fynde, and after hauing swalowed downe a part of it, let him take of the same the bignesse of a Chestnut, & lay it vpon the sore that beginneth to rise, rubbinge it well rounde about with the said Triakle. Incontinent after this you musse take a Pigeon, and cut him in the middes quick, fethers and all, lay him to the sore warme as he is, and let him lie on it, vntill that parte of the Pigeon be waxen and become grene, and the Triacle redde: then take it of, and you shall see that out of the Pigeon will come a greene water, which is all the venim that was in it. Ye must afterward cure the place with this plaister following. Take two partes of freshe Barrowe grease, and one parte of wormewood wel stamped, and laye it vpon the sore.

¶ A thynge often times proued and experimented against the plague.

TAke mastic two vnces, Euphorbium an vnce, Spicknarde. v. vnces, beate this into poulder, and geue it the patient to drinke. If he be vnder. x. yeares of age, geue him a scrupule of it. If he be of yeares betwene x. to. xx. halfe a dragme: but if he be aboue. xx. yeares olde, ye shall geue hym a dragme, than take the herbe called in Greeke Pentaphilon, in latine Quinquefolium, and in Englishe Cinkfoile, and wrappe it like a rounde apple in a piece of linnen cloth, layenge it so vnder whote imbers by the space of fowre Miserere, and after hauyng taken it out againe, cut it in three pieces in the myddle, and laye it vpon the sore or greise, which you shal cause to cease immediately.

¶ A preseruatiue against the plague, often times proued.

IN a daungerous time, take. iii. little braunches of Rue, a Walnutte and a figge: eate all this, and you shall be safe.

¶ Another.

TAke the dunge or excremente of a yonge boye betwene ten & xii. yeares of age, and dry it, & after beat it into poulder: This done, put of it at ỹ moste two sponefulles in a glasse of whyte wine, and geue it the pacient to drinke at the leaste fyre houres after the greise taketh him, and the sooner the better. This hath ben founde true in many men.

¶ Another.

TAke the iuice of a white Onion, Hony, Vinaigre, ỹ iuice of Rue, & of milfoyle parrow or nose bleede, of eche of them a like quantite, myxe altogether, & geue ỹ patient to drinke therof two thirdendeales of a glasseful, but let him haue it whote, and before the firt houre after the paine shall haue taken him: This done make him

him sweate as much as he may in his bedde. This hath ben founde of great perfection, and experimented vpon diuers men

¶In a suspecte tyme of a plague.

TAke Pulliole or Pentroyall, in latin Pulegium, with Suger roset, and make an electuary, the which you shal vse & eate, in a suspect time of a plague, at your breakefast, the quantitie or bygnes of a Chestnut, this hath men proued, and founde good.

¶Another well tried and proued against the pestilence.

TAke Walnutes when they be grene, tender, and good to make confitures or preserues, put them in Vinaygre the space of. viii. dayes, than take them oute againe, and breake them in pieces, puttyng theim so into a Limbeck without Vinaigre, and stille the water of them, of ỳ which you shal geue the patient drinke euery day halfe a glassefull, and whan he hath dronke it, let him sweate well in his bedde.

¶A verie perfyte secrete against the plague.

TAke an vnce of Aloe Epaticũ, halfe an vnce of Myrrhe halfe an vnce of Saffron: beate into poulder and sifte the Aloe and the Myrrhe together, than beate ỳ Saffron in poulder, steepe, and soke it, or washe it with white wine very stronge, so that it be like a sauce, than put the other poulders to it, and wire well altogether, yf nede be you maye put more wine to it, so much that of all may be made as it were a lumpe, and so pilles. And if you wil make it very stronge, for euery vnce put to it halfe an vnce of Diagridum, and halfe an vnce of Camphyre. Maister Fraunceſſe Albert toke thre eight partes of the saide Pilles, withoute Diagridum, sokynge and steepinge them in good wine, and gaue them to the patient as sone as he could: & so made him sweate much in his bedde, for by sweating the venom dydde resolue.

¶Another

Another very good secrete.

TAke the flowers or Blossomes of Walnuttes, and drye them in the shadowe, and when the nuttes bee in season to conficte, you shall cutte parte of them into small pieces, the whiche you shall put in stronge Vinaigre by the space of three dayes: than take them oute, and mingle them with the sayde flowers, distillyng them thorowe a Limbecke of glasse, or of earth leaded within: kepe this water diligentlye, and when any man feeleth him selfe taken or infected with the plage, giue him of it allone as is possible two vnces and a halfe, or three vnces, and you shall driue awaye the disease by the course of the belly, or by vomityng, or els wil it make the sore or botche to come forth the which you shall make rype and breake, as we haue afore declared.

To make a carbumcle, and all other botches, apostumes and plague soores to breake, a present remedye and verye easye to make.

TAke Bay salte well beaten into pouder and sifted, incorporate it wyth the yelke of an Egge, and laye it vpon the Carbumcle or sooze, and bee assured that (wyth the grace of God) it wyll drawe to it selfe all the venim and poyson of the plague or sooze, so that in short tyme he shall be cured: A remedy often tymes proued.

A very good remedye agaynst the markes of the plague, commonly called Goddes markes.

TAke freshe and greene Rhaponticum, whiche is the herbe and roote called the more and great Centorie: it is named of Plinye (as Ruellius wryteth) Rhacoma, ỹ rootes of the herbe called Sanguinaria Dactilon, of some Dens canis, of Dioscorides coronopus, that is to saye Crowes foote. Some take it to be Dandelion. The rootes of Turmentylle, whyte Dittany of eche of these

these an vnce, stampe all wel, and put it in a pot or viole with well, riuer or conduct water, at your discretion, rather to muche then to lytle, vntill it passe halfe a handful aboue the other thinges in the pot or more, then let it boyle with a litle cleare and flampynge fyre wout smoke, vntil it be diminished of the thyrd parte, than straine it out softly, and it will be of the colour of wine, kepe it in some vessell of glasse, and when necessitie requireth, you may giue the pacient a glasseful of it in the morninge, and as much at night, two houres before supper, and it must be very hote: than couer him well in his bedde, and make hym sweate. When the markes come forth, he shal become lyke a lazar or leper and shalbe shortly cured.

Agaynste the mortallitie of the pestilence, a verye perfite remedye.

TAke Gentian Seduaria, rootes of Turmentille, of eche of them two vnces, red Sandale, white and recent Dittany, hartes horne burned, white pearles, Bole armenicke, round Aristilochia, of ech of them an vnce, Campher halfe an vnce, white suger two vnces, of al these thinges wel beaten to pouder, you shall take at euery time a dragme, with thre vnces of endiue water or sorell water, mixe the water and the pouder with the bignesse of a Walnutte of fyne Triacle. You must minister this medicine before the sickenesse bathe cõtinued with the person twelue houres, for it is than surer. If in case after the twelue houres it worke not so well as you woulde haue it, yet ye muste haue a good hope. And if ỹ pacient be yet in the age of infancy, you shal giue him a halfe a dragme of it, with an vnce and a halfe of one of the said waters, and with a like quantitie of triacle. The sayde drinke is not soluble or laratiue, nor causeth any griefe to him, but only killeth the poyson. If any man had dronken or eaten any poyson, this is a verye good medicine for him: it is also good against a hote feuer or ague. Note also (that if it be possible) the patient must be let bloode before he take the

saide

sayde medecine: if not, let it be done afterwarde, that is to say, on the same syde that he sealeth the greif.

¶ To make litle rounde apples or balles against the plague.

TAke Labdanum halfe an vnce, Storax calamita an vnce, Diambre diamusci, of eche of them halfe a dragme, Campher two graynes, Cloues fiftene graynes, Mutmegges, Mace, of eche of them halfe an eyght parte, damaskine Roses a scrupule, Synamom halfe a dragme, Spicknarde fiftene graynes, Muske, Ceuet, of eche of them eyght graynes, fine Violettes halfe a dragme, lignum aloes, foure graynes, Calami aromatici, the bignesse of a Beane, fine Amber foure graynes, Myrre the bignesse of a Beane. Stampe first the Labdanum, with a hote pestell, than stampe wel the Storax calamita, and all the other thinges eche one by it selfe: and than mixe all togethet and stampe it still with a hote pestell, adding to it at euerye time Storax liquida, and Rose water, vntill all the saied thinges bee well incorporated: and thã make your rounde apples or balles.

¶ An oyntment to kill the plague.

TAke Sope makers water, and boyle it vntyll it ware or become as it were an oyntment, than take of the the wodde of willowe, or Beeche, and burne it: after, quenche the coles in vinagre, and drie them in the shadowe, in suche sorte that a man maye stampe and sift them. Make also quicke lime at youre discretion, and mingle it wyth the saied Sope water then take the same pouder vntil you haue ynough, and halfe an vnce of freshe and sweete Hogges grease or seyme: mixe all together, after this dooen, take of lytle greene wormes shininge with a glosse like golde; bred in the toppe of Asshes or Olives, called in Latyne Cantharidæ or Cantharides halfe a dragme, beate theym into pouder and mixe them together, with the rest, making an oyntment somewhat harde: leaue it so in some ve-

sell

ſell well cloſed and ſtopped, and if there ariſe any oyle vpon it, take it of faire and ſoftly.

A very perfyte oyle agayn̄ſt the plague and all poyſon.

TAke oyle of the eldeſt you can fynde, and boyle it the ſpace of an houre, & for euery pounde of the ſaid oyle, put in. l. ſcorpions, or as many as you can get put all this in a pot vncouered, the which pot you ſhall ſet in a kettle or caudron of boyling water, vntill the thirde part of the oyle or ſomwhat leſſe bee conſumed. Than take oute the Scorpions, and powre the oyle thorowe a canuelle into another potte, or violle well ſtopped, whiche you ſhall ſette in the Sunne the ſpace of two or three monethes: if it be not in Sommer, ſet it vpon hote aſhes, by the ſpace of three or foure dayes. But before you ſet it in the Sunne, or to the fier, as is abouesaide, you ſhall put to it theſe thinges folowing. Rhubarbe two vnces, Unicornes horne two vnces, Triacle an vnce, Aqua vite three vnces: and when any man feeleth him ſelfe infected with the plague or anye poyſon, let him be annoynted with the ſaid oyle about the heart, and all the pulſes: and you ſhall ſee a miraculous thinge.

A merueylous ſecrete for to preſerue a man from the plague and hath bene proued in Englande of all the Phiſitions in that great and vehement plague, in the yere 1348. which crepte thorowe oute all the worlde, and there was neuer man that vſed this ſecrete, but he was preſerued from the plague.

TAke Aloe Epaticum, or Cicotrine, fyne Synamom, and Myrre, of eche of them three dragmes, Cloues Mace, Lignum Aloe, Mallicke, Bolearmenicke of eche of them halfe a dragme. Let all theſe thynges be well ſtamped in a cleane morter, then mingle them together, and after keepe them in ſome cloſe veſſell, and take of it euery morning two penny weyght, in halfe a glaſſe full of whyte wyne, with a lytle water, and drinke it in the morning at the dawninge of the daye.

And

And so may you (by the grace of God) goo hardlye into all infection of the ayre and plague.

¶ A verie sure and perfecte remedye to cure a man of the pestilence, and some there hath been, that haue been cured in a night: the sayed remedye is also good for Goddes markes, Carbuncles, Boyles, Botches, and such lyke sykenesses, as S. Anthonyes fyer, and suche other.

TAKE the seede or berries of Pype, that groweth on trees or walles, & not of that whyche is founde lowe by the ground, and you must gather the saied berryes verye rype, and towarde the Northe, yf it bee possyble, yf not, take theym as you maye gette them, althoughe they bee not verye rype: dryе theym in the shadowe, and keepe theym in a boxe of woode, as a precious thing. And yf anye bee infected with the pestilence, take of the saied berries and beate theym to pouder in a cleane morter, and giue the pacient of the saied poulder, in halfe a glasfefull of white wine, as much as a man may lay vpon a grote or more: than couer hym in his bedde, and make him sweate well. This doone, chaunge his shirte, sheetes, and the other couerynges of hys beddes, yf it maye bee: yf not, lette him at the leaste chaunge his shyrte and sheetes. Some hauing taken of the saied poulder ouer night, founde them selues in the morning so well, that they rose vp, clothed theym selues, and walked aboute the house: and finally thorowlye cured. I sawe a Mylanoys, the yeare, 1523. in Aleppe, that hadde the plague, and one soore vnder the thigh, and another vnder the lefte arme; and hauynge taken of the saied poulder in the morning, and againe at night folowing, he found that the two saied soores, brake of themselues, by the vertue of thys so excellent a medicine, sent by the great clemencie of God the lord almightie. Wherefore I woulde counsaile that in all townes wher a man may haue the commoditie to do it, to haue plantes and settes of Pype, bee it within the

towne or without, to the ende to bee alwayes prouided and furniſhed of the ſayd berries, which men maye gather euerye yere, and keepe diligentlye for to ayde them ſelues in all accidentes and chaunces that maye happen and fall.

A verye goodlye and preſent remedye for to heale the peſtilence, in drawyng out the venym from the botche or ſore, or other lyke accident.

TAke a quicke Henne, and plucke the fethers from her arſe, and from the place where at ſhe layeth her egges, and ſet her ſo, that the ſayde bare place maye be vpon the griefe, and that ſhe maye as it were ſit vpon the botche or ſooze, or the place of the plague, and holde her ſo a good while. Then you ſhall ſee that the ſated Henne will haue drawen all (or at the leaſt ſome) the poyſon and infection, and that ſhortlye after ſhe will die. It ſhall be good to doo thys wyth two or thzee or moe Hennes, immediatlye one after another, the whiche will drawe all the venom oute of the ſooze. This doen, annoint the place with good triacle, and let not in the meane tyme to vſe other remedies by the mouth, whereof we haue ſpoken here before, that is to ſay, the Iuye or Baye berries, or ſome other remedie, that you finde moſt redie. If the ſooze bee ſo harde that it will it not breake, you may vſe the foreſaid remedies to make it breake, to the intent that al the venom may comme out, and voide from the heart.

An aduertiſment and warnynge of greate importaunce, to preſerue a mannes ſelfe in tyme of peſtylence.

BECAVSE the euyll humours that be in mannes bodye, doe eaſely receyue the corruption and infection of the ayre, it is good to keepe the ſtomacke, and the head cleane purged, not to ouerlade it with eatynge and drynkynge, but to abſtayne from groſſe meates, to purge him ſelfe as ofte as is poſſible, with ſome

some gentle and familier purgation, as Cassia pilles, as the pilles of Mastick, of Aloe, or of other suche lyke things, and aboue al, to vse often of the leese of wyne, called Tartre, which you muste beate well in pouder, and stepe it with hote water, & than strain it or dreane it faier and softely out: After ward drie it thorowly, as men do white salt, than kepe the same pouder, and put thre vnces of it with a pound of sugre rosat, and in the morninge take a good sponefull thereof vntill there be an vnce or more, and do this from day to day, for it wil kepe your body cleane and purged: and he that can not doe it with sugre rosat, let him take the leese stamped, and stepe or washe it in the brothe of flesche or of colewortes, sturring it vntill all be leused and vndone that may be leused, then let it stand a while, and after powre softely the broth into a dishe, cast away the substances that go to the bottome, and drinke the broath: do this euery day at the houres of your meales, or at the least euerye seconde daye or when you shall thinke good. It shalbe good also to eate in your pottage, thinges that purge the blood, as Buglasse, Burrage, Succory, Lettyse and suche like: and aboue all not to kepe your stomack ouercharged nor to emptie: and in the morninge betime, to take some of the foresaied preseruatiues, as the pouder that was experimented in England (as we haue recited) or such other lyke. Than. ii. or. iii. houres before dinner to take some of the sayd other preseruatiues, as the Rue with a figge, and with the Walnutte which is a thing verye good, or some of the said confettions, or a piece of the pille of a Citron confecte, or a sponeful of the iuice of Citrons dressed as we wyll declare hereafter, and to vse of it at meales in maner of a saulce, and after meales to vse of the seede of Citrons confect in sugre, as thei make the Corlander, and Almondes, whiche is a thing very good against all maner of venim and poyson. And likewise at your meales to eate the white and the in syde of a Cytron wyth a litle sugre if you wyl, and to eate it with flesh, or bread (as men eate lemons) in the morning, at noone, and at

night when you go to bedde. It ſhuld be alſo very good to bathe and waſhe your handes, your temples, your poulſes, and your noſe with Vinaigre roſet, or with other, wherevnto you muſt put a lytle Campher, roſe water, Lignum aloes, Xilobalſamum, yf you can get it, yf not, a lytle Sinamom in ſtede of it. It is good alwaies to kepe ſuch maner of Vinaigre beſyde you in ſome viole, for to vſe of it when time ſhal require: for it is a very good preſeruatiue: and if you can not haue the Vinaigre compounde, as is ſayde, vſe Vinaigre of common wyne. Alſo it ſhalbe good to cary about you ſome parfume, or good odour, either in your gloues, ſhurte, handkercher, cappe, beарde, or to hange it aboute your necke or otherwiſe. Your houſe oughte to be kept as cleane and as nete as is poſſible, not ſauouring of piſſe nor other ordure: ye ought to kepe it ſhut, waſhing often the gutters and priuies. Ye muſt alſo kepe as fewe foule and ſtinking clothes in your houſe as is poſſible. Riche men ought oftentimes to perfume their houſes with ſome notable parfume, wherof we wil put in the booke folowing a good number. Poore men may make prouiſion of leaues, and of the wood of a Bay tree, of Roſe mary, Jenepar, Cypres, and to vſe it as often as they maye, burning it in the middes of their chamber, or houſe, and principally at night and in the morning. Likewiſe of Orenge and lemmon pilles, or other ſwete ſmellinge thinges. Storax calamita, and Labdanum, bee good chepe and are verye good for this purpoſe. As concerninge the diſpoſition of courage and minde, ye muſt conſider that ſorowe ſadneſſe, or melancolie, corrupte the bloude and other humours, weaken the heart, and depraue & hurt nature, therfore ought a man to auoide them as much as is poſſible. Alſo if a man be to merry or iocunde, it dilateth, and enlargeth the poores and paſſages of the ſeede of man, and the harte, ſo that he is the more enclined to receyue the euil aier, and venim which are thinges that penetrate and pearce ſore. Alſo a man muſte beware of drinking to much wine, for it maketh merry and chereth a man out of meaſure. Now

because

becauſe that in time of a peſtilence euery man is afraid ſo that he thinketh that a man cã not ketch the diſeaſe in being to merry (onles it be ſo that he be dronke, as is ſayd) but contrarye in beinge to ſadde or ſorowfull for ſorow & ſadneſſe come of them ſelues, not ſought after: Therfore it is good to vſe temperance, and moderatiõ, walking and recreating him ſelfe honeſtly, not vſing to muche carnall companie or copulation. And aboue all, a man muſte haue alwaies a ſure hope and confidence in God, euer to bee readye and diſpoſed to dye, when it ſhall pleaſe hym to call vs, not eſtempynge ſo muche this mundaine life, or fearinge ſo muche death, whiche is none other thinge than an iſſue or departing oute of this life full of calamities, & an entring into an eternall life repleniſhed wt al ioye, ſolace, and pleaſure.

¶ To dreſſe and order the Iuyce of Cytrons, for to vſe of it as is afore ſayde.

TAke the Juice of Citrons as muche as you wyl, and put it in a panne leaded wythin, than adde to it twoo vnces of ſkimmed Honnye for euerye pounde of the ſaide Juice, a lytle Sugre after your diſcretion, a litle Synamom in poulder. Let thys boyle a verie litle while together, and than keepe it and take of before your meale, & at your meales, in ſteede of ſauce, which is a very good remedie, as well for to preſerue a man againſt the infection of the ayre, as to driue it away after he is fected with it. It is alſo a very good medicine for to take as ſoone as a mã doubteth to haue receiued ſome poyſon in to his bodie.

¶ The ende of the firſte booke.

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE SECONDE BOOKE.

¶ To make oyle Imperiall to parfume the heare or beard of a man, to rubbe his handes or gloues with, and to put also into the lye or water wherein princes or greate mens clothes be washed, and this oile may a mā make with cost ynough, and also with litle charge and expence.

TAke halfe an vnce of Ambergryse, which men vse to parfume withal, and cut it as smal as you can, styrax calamita, fatte & gum mie. viii. vnces, the which also you shall cut very smal, & put in a viole or glasse, with. ii. pound of Rose water. ii. pounde of oyle of Damaske Roses, fiue cloues lightly or slenderly beaten, halfe a quarter of an vnce of fine Synamom, thā hauing wel stopt the said vessel wā a litle ware, you shal wrappe it in some linnen cloth, and so lay it vnder hote dunge, leauing it there ỹ space of viii. dayes: Than after you shal poure it into a vessel leaded wīn, making it seeth with a smale fyre by the space of. ii. houres, and than takynge it of, let it cole: Thys done, you shall gather, and take vp with a golden or siluer spone, or with some piece of glasse, all the oyle that shal swim aboue, and haynge put vnto the same as muche Muske, and Cyuet as you wil, you muste kepe it in some viole, and set it so in the sonne certaine dayes, hauing fyrste well stopped the sayd viole with ware and parchemente.

Then shal you haue a precious lycoure to smell vnto, and to comfort the brayne, to withstand the corruption of the aire, and therfore very good in time of pestilence. And the Ambre, styrax, and other thinges that remaine in

in the bottome of the said vessel, that you boyled all in, will be exceedinge good to make muske or swete balles, to lay amonge clothes or linnen, to cary in mens handes, to make beades of, or to burn in a chambre in stede of parfume. Nowe he that wouldo make the sayde oyle with lesse cost, may make it without Muske, or Ambregrise, or els put lesse in it than we haue spoken.

¶ To make oyle of Ben with small charge, the whiche of it selfe wyll be odoriferous or swete in sauour, and very excellent, whereof parfumours do vse aptly for to parfume gloues or other thinges with all.

That whiche oure moderne and late parfumours dos call Ben, are litle nuttes, whyche the Latyne men doe call Nux vnguentaria, the Greekes Balanos Myrepsica. or Myrobalanos, and the Arabians Ben. Of these litle nuttes is taken an oile as of swete Almondes & other like things. Nowe this Ben hath two properties, which are of great importaunce, & necessary for them ỳ wil parfume. The one is ỳ it hath in it self no odoure or sauour at al, wherefore it chaungeth not, nor diminisheth the sauour of the Muske, or Ambre, which it wold do, if it had any perticuler odoure. The other is, that it is of a longe continuaunce, and corrupteth not, or becommeth almost neuer mouldy or putrified, as al other oyles doe in shorte space. The parfumers temper the Muske, and the Ambre ordinarely with this oile, whan they wil parfume gloues, or make other mirtions: but there is one inconuenience, and that is, that the sayde poulders tempered with the sayde oile, and reduced into paste, are not so pearcing, nor doth the sauour continue so longe, as if they were more penetratiue or pearcing. Wherfore if you will make the sayde compositiō perfecter, take the sayde little nuttes of Ben, and when you haue made them cleane, breake them in foure pieces, and lay them vpon a cleane and fine sieue or farce: than take Muske, Amber, and Cinet as muche as ye will, in

a vessell suche as perfumours vse, and put to it. iii. or iiii. droppes of fayre water: after this, temper it with a lyttle rose water, vntill it be lyke tender and softe past: than set the vessel for to parfume and smoke vppon the fyre, lyke as men parfume chambers: and se that al the fume and smoke be receyued thorowe the sayd nuttes. This done, you shal take out of it the oile which wil be very excellent, as wel to vse alone by it selfe, as to parfume gloues, and all other thinges.

¶ To make an odoriferous and sweete water, very good,

TAke twelue pounde of Damaske rose water, Lauander water, Cloues, Synamom, of eche of them a dragme, Mace, great Cardamomum, Muske, Amber, of eche of them halfe a scruple, drie Pylles of Citrons, Sandalum citrinum, Ireos, of eche of them halfe a dragme, Bengewin, Storax calamita, of eche a scrupule, and of all this make a composition, the which you shall put in a vessell of glasse well stopped, leauinge it so by the space of fiftene daies. After warde let it bee distilled in Balneo Marie, the maner whereof is described in the first booke, and the water that shall issue oute of it, put in a violle well stopt in the Sunne the space of fiftene dayes, and than shall you haue a water of greate excellencie.

¶ The seconde odoriferous water.

TAke the leaues of Damaske roses, the freshe leaues of Gyllefloures of eche of them a pounde, the floures of Rosemarye, ẏ floures of Lauander, ẏ floures of Jasemyn, Maioram, Sauourye, Serpyne, or Serpille, called wilde Time, or running Time, which groweth on olde walles, ouer welles and pondes: and in some places it smelleth like time, and in some places lyke to Sauourye, it is called in Latyne Serpyllus or Serpillum, in Frenche dũ Serpolet, of these three vnces, of drie Citron pilles an vnce. After this Synamom, Bengewine, Storax calamita, of eche of them two dragmes, Nutmegges,

megges, Macaleb, of eche of theym a dragme: but you muste stampe well the herbes, and bray the spices wel, then put all together in a earthen potte leaded: and after it hath stande in the Sunne, by the space of twoo dayes distylle it in Balneo Marie. And to the water that issueth out, putte a scrupule of fine Muske, lettinge it stande afterwarde in a violle of glasse well stopped by the space of twentye or thyrtye dayes. Then shall you haue a notable water.

¶ The thyrde sweete water.

TAke fyre pounde of Damaske rose water, a glasse full of Malmsey, three pounde of Damaske Rose leaues freshe and newe, Lauander flowres, the flowres of greene Spike, of eche of them foure vnces, the flowres of Cherfoyle or Cheruille, flowres of Jasemine, the flowres or blossomes of Olyne trees, of eche of them a pounde and a halfe, the drie flowres or blossomes of Drenge trees three vnces, of the drye pilles of Cytrons foure dragmes, cloues a dragme and a halfe, Synamom, Storar calamita, Bengewyne, of eche of them two scrupules, Nutmegges a scrupule. Let al the saied spices firste bee well beaten into poulder, and then put all together into a violle wel stopte by the space of ten daies, than after letto all bee dystylled in Balneo marie. And to the water that commeth oute, adde Muske, and Amber, of eche of them a scrupule and a halfe. You must kepe it in the Sunne and in some neate place.

¶ The fourth sweete water.

TAke Cloues wel beaten in poulder two dragmes, the poulder of Sandalum citrinum, and Macaleb, of eche of them a scrupule, ten pounde of Damaske rose water, and the water of the herbe that the Italians call solranella fower pounde, Lauander water a pound. Let all this be lefte together by the space of foure daies and then put it in a Limbecke, and distell it, vnto thys water

water that commeth of it, let these spices folowing bee put well beaten to poulder, that is to say, Cloues, Synamom, Bengewin, storax calamita, of eche of them halfe a dragme: and then again distill it in Balneo Marie. Finally you shall put to it Muske, and Amber, in all, halfe a scrupule, and let the water be kept in a violle, or other vessell of glasse well stopte.

¶ The fyfte sweete water.

TAke fower pounde of Damaske rose water, Lauender water, Spike water, of eche of them three vnces, the water of blossomes of Lymons, or Orenges, the water of the blossomes of a Wyzell tree, blossomes of Jasemin, of Watorzam, of eche of theym halfe a pounde, Bengewyne, Storax calamita of eche a dragme, Muske halfe a scruple. Mengle well all together, and kepe it in violles well stopte fyre dayes. Then dystylle it in Balneo Marie, and keepe the water in a vessell of glasse, by the space of fyfttene dayes in the Sunne, and afterwarde reserue it for to serue youre tourne, when you wyl occupie it.

¶ The fyxte odoriferous water.

TAke fresche flowres of Rosemary two pound, Amber a scruple, three pounde of the water of the flowres of Orenges, Lemons and Citrons, all confusely together, which the frenchemen cal eau de naphe, leaue al together in some vessell wel stopte tenne daies. Then the water beinge distilled in Balneo Marie, let it be kepte in a violle of glasse verie close and stopped.

¶ The seuenth sweete water.

TAke of the forezaied water of Naphe, foure pound, Damaske rose water, twoo pounde, wyth halfe a scrupule of Amber. All these thinges beyng well mired together, and put in a violle of glasse wel stopte, leaue them in the Sunne by the space of a moneth, and then keepe them to occupie at your pleasure.

The

¶ The eyght odoriferous water.

TAke fowre pounde of Damaske rose water, wyth fire vnces of Lauander water, the flowres of Iasemin thre poũd, with half a scrupule of fine Muske. Kepe wel all thys together in a vessell wel stopt, by the space of tenne dayes: and after dystyll it in Balneo Marie, vntil al be come out. Then kepe it in a violle of glasse for youre vse when you shall occupie it, and you shall finde it a meruelous water.

¶ The nynth swete water.

TAke the Pilles of Orenges, and of greene Citrons of eche of them halfe an vnce, Cloues a scrupule, & flowres of Spike newely gathered fire vnces. All these thinges muste be myxte together as afore is said, with fire pounde of Damaske Rose water: and after they haue stande certayne dayes in some couered vessel, you muste styll theym in Balneo Marie. And the water that shal come of it wyl be very excellent.

¶ The tenth odoriferous water.

TAke twoo pounde of the leaues of Damaske roses, Macaleb halfe a dragme, halfe a scrupule of good Amber: & hauing first beaten that which is needefull, sette all vpon hote ymbers twoo or thre dayes: but before you distille it, you must let it steepe ten dates, in ten pounde of the water of Damaske roses, and so than distill it in Balneo Marie. The water of it must afterward be kept in the Sunne the space of fiftene dates.

¶ Oyle of Orenges verye excellent.

TAke a pound of swete Almondes well pylled, the flowers of Limons or Orenges, asmuche as you wyll, the which you shall deuide into three equal partes: After this you shal laye the thyrde parte of the same flowers aboade vpon a very white linnen clothe in a sieue, strowinge also aboade vpon those flowers halfe of the sayde Almondes, the whiche you shal couer with another thyrde parte of the sayde flowers: And

than

than the rest of the sayd Almondes, the which you shall couer finally with the reste of your flowres, so that the Almondes may euermore be in ỹ middle of the flowres in the said sieue, ¶ so leaue thē together by the space of fiue dayes, renewinge and chaunginge euery daye the flowres, and than the Almondes. This done, you shall beate the Almondes in a morter, and presse them in a faire white linnen cloth, in a pressour, vntyl there issue out a very cleare oyle, whervnto you shal adde a lyttle Ciuet, Muske, and Bengewine. Afterwarde leaue it in the sonne eight daies, in some vessell wel stopped.

¶ Oyle of Iasemine, and of violettes.

TAke sweete Almondes well pilled and brayed, the flowres of Iasemyn as much as you will, and layeng them ranke vpon ranke, you shall leaue them in some moyste place ten dayes together or more, than take them away, and presse out the oyle in a pressoure: the vertue of the whith oile serueth for diuers thinges. In the lyke maner may you haue oyle of Violetes, and other flowres.

¶ Oyle of Nutmegges very parfyt.

TAke Nutmegges, of the best you can finde, and according to the quantitie of the oyle that you wyll haue: and hauing cut thē in small pieces, you shall put to them as much Malmsey as wil couer them ouer in some vessell of glasse or other, leauing them so the space of three daies. Than take them out ¶ set them to dry in some cleane place, by the space of two daies. Fynally beate them at the fyre, sprinkling them with rose water: Than presse them as is before mentioned, in a pressour: and you shal haue out of them an excellent oile good for many thynges, whyche muste be kept in some cleans vessell well stopte.

¶ Oile of Bengewyne very excellent.

Take

TAke syxe vnces of Bengewine, well beaten into pouder, the whiche you shall let dissolue a whole daye in oyle of Tartre, and Rose water, of eche a pounde: and than with a close pipe ye shall distill it thorowowe a Limbecke, and so keepe it as a thynge most excellent.

Oyle of storax verye excellent.

IN lyke maner is made oyle of Storar. Take Storar liquida, what quantitie you wyll, and put it in Rose water two or three dayes, then distill it as the Bengewine was in the maner aboue sayd. Fyrst there issueth oute water, and then verye excellent and precious oyle.

Oyle of Myrrhe, good for them that haue theyr flesshe full of humours, and carrayne leane, for to make it tractable, quicke, naturall, and stronge.

YE shall take Egges harde rosted, and cute them in the middes, take away the yelke, and fill them vp with Myrre beaten into pouder, and put them in some moist place, where the saide Myrrhe may dissolue into oyle by litle and litle. This oyle maketh not only the face or other partes of the body soft and tractable, but also taketh away all cicatrices and skarres.

The maner to make that oyles shall neuer waxe mouldye, nor putrifie.

TAke for euery pounde of oyle two graines of salt, one grain of the filing of copper or brasse, as much roch Alom as salt, and boyle al the said things a litle together in Balneo marie: than straine it out, and let it stande eight daies in the Sunne. And then kepe such oyle as long as you will, and feare not, for it will neuer diminishe, putrifie nor corrupt.

Pouder of Iris.

TAke Iris electe, what quantitie you wyll, and after you haue well beaten it into pouder, steepe it, and temper

temper it also well with Rose water, and laye it than abrode vpon a sieue couered. Thys done, take storax Calamita, Bengewyne, of eche of theym halfe an vnce, beate them well into poulder, and make thereof an infusion into a glasse of Rose water, and hauinge poured it vnder the said sieue wel couered round about, ye shal afterward seeth it vpon the embers. And so the Iris waxinge cleane and dry, receiueth the parfume of the other substaunces. This poulder wil be excellent to geue and sweare vnto clothes or garmentes, & all other thinges.

¶ Poulder of Violettes.

TAke Iris, knoppes of Roses, of eche a pound, pylles of Cytrons drye. iiii. vnces, Gylleflowers, Sandalum citrinum, drye Lauender, Coliander, of eche of them two vnces, Nutmigges an vnce, Maioram dried, storax calamyta, of eche of them an vnce and a halfe, Bengewyn electe fyue vnces. Beate to poulder and sift fynelye all the sayde thinges, and the poulder shal be made: the whych you shall kepe in a viole of glasse, well stopt that it take no vent.

¶ A white poulder to put in litle bagges.

TAke Sandalum Citrinum, a quarter of an vnce, poulder of the best Bengewine that maye bee gotten, Iris, of eche of them an vnce, and boyle them in Rose water inough: than take burned Alom and well sifted twelue vnces, let it lie in the saide water & make pilles, or litle balles flatte at both endes, of ỳ biggenes of peason or bigger, ỳ which you shal dry in ỳ shadowe: and afterward beat them into poulder, & sift thē again, & than it is made. But if you wil haue it musked, take Ambre and musk, eche of them. xviiii. graines, Cyuet xviii. graines, & mixing al this together, fill it w̄ litle bagges of linen cloth, Tafeta, or other sylk the whych you maye laye amonge clothes, or other garmentes, & thinge verye excellent.

¶ Poulder of Cypres.

Take

TAke a litle herbe that groweth and is found vpon the stocke or stumpe of Walnuttes or Okes, whiche is lyke litle heare, and muste be gathered in Januarye and Februarye, when the wether is drye, dryc it, and then washe it with fayre riuer or well water, and drie it ones agayne in the shadowe, and hauing washed it so, three or foure times, you shal put it in rose water by the space of an houre: After beat it into pouder verye small and sykte it, but the sieue whereon you muste strowe the fayde pouder muste be alwayes sprynkled a litle with rose water, coueringe it well, to thintent it take no maner of vent: And after this you muste parfume it with these things folowing, that is to say: with Bengewyn, Storax calamita, of ech of them two vnces, of the swete parfume called Thymiama, a dragme, Lauander half a dragme, Lignum Aloe, a quarter of an vnce. Beat ech thing by it self grossely, & than mingle them together and deuide them into foure parts, whereof one part muste be set vpon the furnis in a vessel with ỹ sieue leuing it there til it be all cõsumed, & do so w̃ al the .iiii. parts vntil al the pouder of ỹ said parfume be burned. But you muste take heede that the panne, dish, or other vessell, wherein the saide pouders shall be put for to be brent, be set vnder the sieue, where your pouder is, and that the sieue be wel couered, that nothynge vent out, so that the pouder in the sieue may receyue all the said parfume. Than after take an vnce of the sayd pouder: and intermixe with it by litle and litle, fyue graines of Cyuet, and .xxvi. graines of fine Muske, wel beaten together in pouder. This pouder muste be kept in a viole or other vessel of glasse very close, to thentent it take no vent, and muste also be set in a drie place. This is the most excellent pouder that a man can make. It is very true that out of Cipres and the east partes men bring to Venise certaine rounde balles of a yelowe colour, which they call Burri, of an Ile nigh vnto Candy, called Buera, and saye that it is Dre dunge taken vp in Maye, and diuers tymes sprynkled & watred with rose water than dried, and finallye made into rounde balles, the

whiche

whiche the parfumers do braye, and without any more parfuminge them in a sieue, they adde vnto it Bengewyne, Muske, and Ciuette, more or lesse, according as they wyll make it good.

White musked Sope.

TAke Sope scraped or grated, as much as you will the whiche (when ye haue well stieped and tempered in rose water) leaue it eight daies in the sunne: Then you shal adde to it an vnce of the water or milke of Macaleb twelue graines of Muske, and sixe graines of Ciuet, and reducinge all the whole into the fourme and maner of harde past, you shall make therof very excellent balles.

Another kynde of odoriferous whyte Sope.

TAke Venise Sope of the eldest you can fynde, the whiche you shall cutte or scrape with a knife, and set it thre dayes in the Sunne: And after hauynge well brayed it, you shall dissolue it in a vessell leaded within, with a pounde of good rose water, settinge it boyle with a small fire, then you shall put to it of the roote of Iris, called Ireos, beaten into pouder. iiii. vnces amyluni sixe vnces, whyte Sandale two vnces, storax liquida an vnce, Oyle of Spike an vnce, and sturrynge it alwayes with a sticke, ye shall afterward let it coole againe. And finally make balles of it, euen as you wil.

To make Damaskyne Sope musked.

TAke a pounde of the best Sope you can gette, and after hauing grated or skraped it very small, take fyne Synamom, Nutmegges, storax calamita, of eche of them an vnce, lignū Aloes two dragmes, Bengewin perfite and thorowly made two vnces, the pouder of Violettes an vnce. Hauing beaten well to pouder at these foresayde things, you shall adde vnto them a dragme of the pouder of Cypres, a lytle Muske, and Ciuet:

Ciuet: then steepe and temper it in Rose water, and after leaue it fourtie daies in the Sunne, in mouing and sturring it often times. Than make balles of it, or lytle rounde loues, the which you must keepe in boxes of woode with cotton, wolle or bombase.

¶ To get out the milke of Macaleb.

Because the vse of the mylke of Macaleb hath been put in many compositions, as we haue saied, we wil teache you the maner howe to get it out, which shal be this. Take the Macaleb, whiche are litle soote and odoriferous grains so called, the which you shal stampe in a morter, with Rose water, or some other sweete water, vntil they be like a sauce, and hauing put them in a poke of linnen clothe, you shall presse the milke out of them in a pressoure, or betwene two lytle bourdes. Then bray again, with the sayd water, that which shal remaine in the poke, and presse it a newe, vntil there issue no more milke. But here I muste aduertise you, ỹ this milke cõtinueth not aboue two or thre daies: therfore you must immediatly put it in effect ¶ occupie it.

¶ Poulder of Ciuet verye exquisite.

Take Sugre candy what quantitie you list, ¶ put it in a brasen morter: and after you haue wel beaten it, adde to it as much Ciuet as you wil: and make thereof poulder, ỹ which you must kepe alwaies close.

¶ A principall poulder.

Ye shal take Damaskene Roses, Cipre Alexandrin, Sandalum citrinum, of eche of them an vnce, Iris halfe an vnce, Lignum Aloes, Calamus aromaticus, Galanga Bengewyne, of eche of them a carette, you shall make of all this a verye fyne poulder, and incorporate it well, keping it in a violle wel stopped.

¶ A white odoriferous poulder.

TAke Iris elece three vnces, whyte Sandall two vnces, Damaske roses, Lignum Aloes, Benge-wyn, Cypre alerandrine, of eche of theym two vnces, Muske foure graynes, Ciuet three graynes: beate theym a parte, and sifte theym: then incorporate them together in the same brasen morter, that you dyd beate them in, and keepe the poulder of them in a violle well stopped.

¶A redde poulder.

YE shall take Damaske roses two vnces, Sandalium citrinum an vnce, Lignum Aloes, Cypre alerandryn, of eche of them a graine and halfe a quarter, Iris half a graine or more, Cloues a scrupule, fine Muske three grai nes, Ciuet two graines, Amber two graines. Bray thē and mixe them together, and so kepe them.

¶A blacke poulder

TAke Cipri Alexandrini, lignum Aloes, of eche of them halfe an vnce, Sandali citrini, Damaske roses, Labdani terreni, of eche of theym a quarter, Cloues a grayne, and a lytle more, muske three graines, Ciuet two graines, beate them in poulder and kepe them.

¶Poulder of cypre verye exquisite.

TAke a pounde of the mosse of an Oke, and washe it well in faier water, vntyll the water remayne cleare: then laye it abroade vpon a table in the Sunne vntill it bee dried: after, sprinkle or water it, with Rose water: and hauynge lefte it so couered in a dishe or platter, you shall laye it a brode againe in a verie hote Sunne, when it is dry ynough to beate, beate it in poulder, and sifte it fynelye almoste all: You shal sprinkele or water this poulder, with Muske rose wa-ter, and laye it abroade vppon a greate farce, tourned downewarde, good and thicke, and some what course,

vnder

vnder the whiche farce, you shall make a parfume as folowth, couering it with a cloth, which shalbe thus: Bengewine two Carrettes, Labdny halfe a Carret, Storax Calamita two Carretts, Lignum Aloes halfe a Carrette, fyne Muske halfe a Graynе.

Beate all these thinges grossely, and after mixe them together, then put by litle and litle the pouder vnder the farce in some potte sharde, with a litle fier in it, and caste it in as you wouldе doe Frankencens, staying at euerye tyme, vntill the first part (first cast in) be consumed. Nowe all the saied perfume beinge doen, yf you wil make the saide pouder very fyne and exquite, vnto euerye vnce adde these thinges folowynge, Bengewine a Caret, Muske foure graines, Clust two graines, beate these by them selues verye small and fyne, and mingle them with the saied vnce of pouder, so that all maye be well incorporated together: than keepe it well for it is notable and singuler.

Another waye to make it verye perfecte.

TAke the recent and freshe dunge of an Ore, and drie it in the Sunne, or in an ouen, then beate it and sifte it, sprynkle it well after wyth Rose water, and leauynge it so in a vessell, the space of a daye, drye it agayne in the Sunne. And when it is drye, bathe it agayne wyth Rose water, and drye it againe, and dooe so three or foure tymes. The laste tyme you shall water it or bathe it somewhat more then the other times, because it maye cleaue to the bottome of the vessell, whiche muste bee well leaded within, and verye cleane, after thys you shal remoue and sturre it wel, and perfume it with some perfume, that the other foresaied pouder was parfumed wyth. Than hauinge perfumed it diuers tymes, you shal lette it drye in the sayde vessel, takynge heede also that it take no vent. And after it is wel dryed stampe it, and sifte it a newe againe and then kepe it in some violle: and if you wyl make it verye fyne, take an vnce of the sayde pouder,

three graines of fyne Muske, foure Carettes of Bengewine, two graynes of Cyuet, braye and incorporate all well together, and kepe it.

A swete and odoriferous pouder, verye excellent to laye in chestes and cofers.

TAke the buddes of Roses as manye as you wyll, and drie them in the shadowe: than set them abroade when the sonne is moste hotest in a cleane vessell, putting to them suche a quantitie of Rose water as wyll beare them vp, and sturrynge them well, leaue them in the Sunne (couered with a linnen cloth) vntyll it bee hote. And whan they bee drye, and haue dronke vp all the rose water, take for euery pounde of Roses, ten graines of Muske, and a quarter of fine violettes beaten smal into pouder, in putting to them by litle and litle of the saide pouder, and miring well all together, vntill thei beginne to bee incorporated: but before you put in the sated pouder, dreane and powre out the water of the sayd vessel, that there remaine not a droppe in the bottom. This done, lay the sayde roses abroade in a basen of copper, or of braste, which is better, and let the sayde basen be plaine and euen, not imbossed, and set them in the Sunne when it shineth most hotest, couering them ouer, so that neuertheleste they may drie, than make a pouder of them and kepe it.
And if you wil giue a swete odour or sauour vnto your garments, take the said Roses so dried before your beat them in pouder and put them in some litle linen bagge very fyne, the whiche you maye laye in your cofers, or where your apparell lyeth.

An odoriferous and sweete pouder.

TAke the buddes of redde Roses, and bray them in a morter, as thoughe you wouldе haue the iuyce out of them, than set them in the hote Sunne, sprinkling them with Rose water, and so water them and drie them againe oftentimes, and than make of them a pouder,

poulder, the which you shal parfume with the poulder of Cypre, as the other aforesaid, and kepe it in a byole.

¶ Oyle of Bengewyne.

TAke Bengewine as much as you will, and lay it vnder a dungehill in a byolle or glasse well stopped (so that it take no vente) by the space of fiftene or twentye dayes: Than straine it, and kepe it in a byole, for it is a singuler and deintie oyle.

¶ A very good and odoriferous poulder, to carrye about a man or to lay in coffers.

TAke fourtene vnces of roses newly dried, fine cloues twoo dragmes, the seede of Spyke a dragme, Storax, halfe an vnce, fine Synamom halfe a dragme. Braye them, and kepe theym in a violle wel stopped, you may also put to them (if you wil) two graines of fine Musk, Ligni Aloes halfe a dragme.

¶ Balles agaynst the pestilence or plague, whiche also geue an odour vnto all thinges.

YE shal take storax, one part, Labdani one part, cloues half a part, Campher at your discretion, but lesse then of any of ỹ other substaunces, of Spikenarde a goop quantitie, and of Nutmegges also, of al this make past with Rose water, in the whiche you shal tẽper Gomme dragant, and Gomme Arabike, sturringe and brusynge them wel. Of this past you shall make balles to holde in your handes, and to smell to.

¶ A princely licour.

TAke Muske, Ambergrise, Ciuette, of eche of theim foure graines, braye all together, & incorporate it with a litle oile of swete Almondes, and make ther of a licoure, whiche you shall kepe in a vessell of yuorye well stopped, and vse of it as you vse Ciuet.

¶ Liquide and softe sope of Naples.

TAke stronge lie, wyth two partes of the asshes of the wood of the tree called in latine cerrus, whiche is a kind of tre like to a poplar, hauinge a streight longe stem bearinge a kinde of masse, roughe without like a Chestin, and one parte of quicke lime, and make it so stronge that it maye beare a newe laide egge swimminge betwene two waters. Make eighte potfulles of this lie very hote, a potful of decres grease or suet wel strained cleane: mingle them and set them on the fyre, but see that they seeth not. Put all in a greate vessell leaded within hauynge a large bottome, leauynge it in Sommer in the Sunne, and styrrynge it foure or fyue times a daye with a sticke, and note that you muste set it in the day time in the sunne, and ỹ nyght time in the ayre abroade, so that it raine not, continuing thus the space of eight dates. Let it ware as firme and as harde as you wil, so that it remain neuertheleste in the forme of past, and the older it is, the better it wil be. Than afterward take of this masse or past, as much as you wil and put it in a vessell leaded, styrringe it well with a sticke, and adde to the same as much fyne Muske Rose water as you will: kepe it eyghte dayes in the Sonne, styrring it from time to time, as is aforesaide: and if it ware to harde, put Rose water to it, in such quantitie, that it be neither to harde nor to soft, and fil as manye litle bores with al, as you wil.

¶ To make the sayde sope musked.

TAke fine Muske as muche as you liste, beate it wel in a brasen morter, putting to it Rose water somewhat warme, & hauing mired them wel together, put them in the vessell where your Sope is, mengling them well together, and let them stande a whyle, and than fil litle bores with it at your pleasure.

¶ Verye excellent muscardynes, whiche eaten causeth a sweete breath.

TAke Gomme dragant steped and tempered in Rose water, vntil it be soft and white, make therof as it were palle, & take of it the bygnesse of a Hasel nut, bray

bray it in a brasen morter, putting to it a little pouder of good sugre, & halfe a grayne of fyne Muske, steped and tempered in Rose water, mire al wel together. And if you wil haue it better, put to it more Muske and sugre, and than as muche Mace beaten in poulder as will lye vpon a pennye, and mire it againe well together, than put to it a little of the meale or flower of amilum beaten into poulder: but it were better to putte in redde Sandal, wel broken in sonder, indifferently, and to put it in by litle and lytle, so muche that a man may make of it conuenient paste, the whiche you shall cutte after your fantasye, and drye it in the shadowe. And yf you will haue it of diuers coloures, adde to it suche coloures wel grounde as you please. Prouided that they be colours, wherein there is no poyson or daunger; you may also gylte or couer with syluer the sayde pieces, as men do confitures, and they wyll be verye good and of the best making.

¶Another very excellent and princely muscardyne.

TAke Gomme Arabike. v. vnces, fine sugre. iiii. vnces, amylum. iii. vnces, and for eche vnce of these foure sayde thinges. x. graines of fine Musk which wyll mounte in the whole to a hundred and twenty graines and than it wyll be perfyt.

¶Dentifrices or rubbers for the teeth of great perfection, for to make them cleane.

YE shal take pouder of redde Corall. iiii. vnces, of the shardes of Galleye pottes two vnces, of cuttle bone an vnce, of a Pumeyse stone an vnce, cloues, Synamom, and Mastiche of eche of them a dragme, Perles stamped halfe an vnce, Dragons blood an vnce, fyne Muske. iii. graines, stampe wel the whole and sift it thorow a farce, than mengle it wel together & incorporate it with Gomme dragant tempered and steped in Rose water, make al into dowe or paste, and make therof dentifrices to rubbe your teeth with, to make them white wherwith you shal not only make them very fayre, but also preserue them from putrifaction.

¶Oyle of Bengewin odoriferous.

PUt a pounde of bengewyn wel beaten in poulder into some shorte and wyde vessell, so ý you maye put in your hand, than put to it two pounde of Rose water, & mire al wel together, and so couer it wt a Limbecke or stillitory of glasse, wel bounde with a linnen cloth, and al the ioyntes and sides wel stopt. Giue it at the first a litle fyre, vntill all the water be drawen out (and this is the water that we spake of before) and afterwarde encrease your fyre by litle & litle, and then you shal se the oile come out, and incontinent set vnder another cleane recipiente to receiue the oile, and make vnder it a great fyre, to the intent that al the oyle may come out, the which being all distilled, there wyl come furth a certayne Gomme, like vnto Manna, the which wyll be verye good to keepe. And whan you will make swete or odoriferous water, take a violle ful of cleane wel water, and put into it a lytle of the sayd Gomme, and it wyl make it smell swete, but you muste styre it well. If you will haue it better, take Rose water, and not wel water.

¶Oyle of storax calamita.

TAke storax calamita as muche as you wil, with such a quantitie of Rose water as pleaseth you, & put it in a large potte, not closinge the ioyntes or sides, but let the Limbecke be a litle at one side, to the intente it may take ayre, and alter not the fire, but kepe it accordinge as you shal se shalbe nedeful. And whan the oyle commeth, chaunge the recipient, and than make a greater fyre, and receiue the oyle, and kepe it, for it is a singuler and deynty thinge.

¶To make oyle of Labdanum.

Take

TAke fine Labdanum, and mundifie it wel, & do with it as you dyd with the Bengewyne: But yf you wyll haue it otherwise, you maye take as much as you will of it, and hauinge broken it in small pieces putte it weete into a vessell of brasse, puttinge to it a ponnde of Rose water, and halfe a pounde of the oyle of swete Almondes, couer well the vessell with his couer, and stoppe it with linnen cloutes plaistered ouer with clay or other matter, setting it so to dry: then afterward set it vpon a little fyre that it may boile faier and softely two or thre houres. This done, you shal take it from the fire, & let it cole before you vncouer it, than take it quickely out, & put it in a viole. And (to the ende to preserue it ỹ better) put to it a litle roche Alom burned, or elles a litle Ambergryse. And when you wil put it in the viole, you must put it in as cleare as is possible.

¶ Oyle of Nutmegges.

TAke what quantitie of Nutmegges you wyll, the whyche well broken into pyeces in a morter, you shall putte in a large or wyde vessell, powrynge vpon them a little Aqua vite, so that the Nutmegges maye be thoroughly wette. Let them stande so two or thre dayes, in styrringe them sometime, and turninge them vpsyde downe, and see that the sayde vessell be well stopped, then adde to it as muche Rose water as wyll be aboue the Nutmegges, twoo or three fingers highe, and couer them with the Limbecke, closinge it well. Distill them at the firste with a small fyre, vntyll all the water be come out: than chaunge the recipient, and augment the fyre, so muche, till you cause the oyle to distille out, and whan you see that al is almost come furth, make your fire very great, and kepe the said oyle in a violle.

¶ Another maner.

Take

TAke a pounde of Nutmegges, the whiche beynge well broken in pieces, you must put in a newe vessell of earth well leaded within, than powre vpon them Malmesey, or some other wine, vntill they be al couered, and that the wine be aboue the Nuttes twoo fingers high: After this you shall put to it at the leaste two pounde of freshe butter, and mingle all together, stoppinge or coueringe well the vessell, and leaue it in the heate of the Sunne in some panne, or in some other hote place, by the space of four or fiue daies, than boile it vpon the hote coles with a smal fyre, vntyll the wine be consumed, than straine it thorowe a newe course linnen cloth before it be coole. This done, set the oyle certaine dayes in the Sunne, in a violle of glasse, vntil the thicke substance be descended to the bottome: Fynally straine it so again thorough a newe course linnen cloth and put it in another violle, and so kepe it.

¶A very exquisyte sope, made of diuers thinges.

TAke aluminis catini thre vnces, quicke lyme one part, stronge lye that will beare and egge swimming betwene two waters, thre pottels, a pot of common oyle mengle al well together, putting to it the white of an Egge wel beaten, and a dysshefull of the meale or floure of Amilum, and an vnce of Romaine or blewe Vitriol, well beaten into poulder, and mire it continually for ỹ space of thre houres, then let it stande, by the space of a daye, and it will be ryght and perfyte. Finally, take it oute, and cutte it in pieces: after sette it to drie twoo daies, in the winde, but not in the sunne. Occupie alwaies of this sope, when you wil washe your head, for it is verie holsome, and maketh faier heare.

¶Sope with Cyuet.

TAke of the saied Sope as much as you wil, and set it a while in the Sunne in Rose water, putting to it the pouder of Cyuette, and mixinge it well. And

it

if you adde to it also Muske, it wil be the better, so that the Muske haue been before steeped and tempered in Rose water.

¶ Sope with diuers sweete and excellent oyles.

TAke of ỳ foresaied Sope, which hath stand a while in the Sunne in Rose water, and put to it a lytle of the oyle of Bengewyne, or of some other odoriferous oyle, and mixe it well: but you muste putte in of the oyles reasonablie, neither to muche nor to lyttle, but with discretion, according to the quantitie of the Sope.

¶ Sope rosat.

TAke freshe and recent roses wel stamped, and incorporate them with the said Sope, as before, the whiche you maye also doe at your pleasure of al other sortes of flowres.

¶ White Sope of a good sauour and odour.

HAuing cutte, after the maner of Damasco, in smal pieces the oldest Sope that is possible to be founde, you shall laye it abrode vpon a table, in a place where it maye dryé, than hauing lefte it there, the space of eyght and .xx. dayes, you muste afterward stampe it lightly or slenderly, and make thereof poulder: and the same being sifted, you shal adde to it foure vnces of Ireos, vppon tenne pounde of the sayed poulder white Sandall three vnces, two vnces of Macaleb, an vnce of the meale or flowre of Amylum and all well beaten into poulder you shall mixe it with tenne pounde of the pouder of the aforesaide Sope: then al beinge toyned together, you shal put it in a morter, with an vnce of storax liquida and a walnut shelful of the oyle of Spike, and hauing wel stamped it altogether, it shal be made. Then afterwarde make balles or square cakes of it, as you wil, with the meale or flowre of Amilum: then dry in the shadowe, & kepe them, for it is a thing very excellẽt.

¶ Perfecte

¶ Perfect sope.

TAke syxe graynes of Muske tempered and steeped in good Rose water, foure graynes of Ciuet, reduced and beaten into poulder, and myngle theym with the saied Sope, but ỹ tempered or steeped Muske muste be hote, and by this meanes you shall haue a verie perfect Sope.

¶ Whole and massy blacke Sope.

TAke tenne pound of the saied poulder of Sope well sifted, Cloues foure vnces, of good Mace twoo vnces, damaske Macaleb, Cyperus which the Apoticaries cal Iuncus odoratus, Sandali Citrini, Storax liquida, of eche of them an vnce, swete oile as much as shal suffice: and hauing stamped that which ought to be stamped, make of it as is aboue saied. But if you wil haue it more singuler, put to it Muske tempered in Rose water, as afore, with a litle Ciuet, after incorporate wel al together & make thereof balles or square cakes, or hartes, or such other formes, as you luste to make your selfe: then dry them in the shadowe: and so shal you finde them of a singuler good odour and sauour.

¶ Damaske parfume.

TAke fine Muske foure graines, Ciuet twoo graines Ambergris, fine Sugre, of eche of them foure graines, Bengewin a graine, of fatte Storax calamita thre graines, lignum Aloes twoo graines: beat them wel in poulder, and put al together in a litle parfuming panne, powre into it as muche Rose water, or the water of the flowres of Orenges, Citrons, and Lemons, all together, called water of nafe as wyll bee twoo fyngers highe aboue the other drogges, in makynge vnder it a small fier that it maye not boyle, and when the water is consumed, you shal powre in other: and hauing continued thus doynge a certayne number of dayes, you shal

shall haue an excellent Sope.

Another perfume of Damaske.

TAKE storax calamita, foure vnces: Bengewyne foure vnces: Labdanum, Liguum aloes, Synamom, of eche of them an vnce: sparma ceti, a dragme, Puske, foure scrupules, cloues, a dragme, Rose water eyghte vnces, stampe them and putte them in the perfumynge panne.

An excellent sweete suet or oyntment called in Frenche and Italian Pommade, in Latyne Pometum.

TAke. xvi. oz. xx. Pepins, oz other swete and melowe apples, the whiche beinge pared and cut in quarters, you shal adde to euery quarter foure oz syre Cloues, then putte them in some vessell of earth well leaded within, with as much Rose water, as wyll coner them ouer. Then couer them with a trenchour oz some other cleane thynge lettynge them so stande one whole daye. And after powze them all in some newe vessell well leaded, putting to it foure pounde of freshe hogges suet, well taken from the flesshe and skinne cut verye small, and well chopped with a knife: make vnder it a small fier that it burne not, than in straining it out, you shal make it droppe into some vessel of fresh and cleare water, and so purifie the grease thze of foure dayes, keping it in the same vessell, and chaunging often tymes a daye the sayde water: foz the oftner you chaunge it, the better you shall purge the grease.
Than take out the sayde seyme, the apples and the rose water together, and take the fatte oute of the vessell, straining it well, and addynge to it Spikenarde, with two vnces of Cloues, an vnce of Synamom, a quarter of sandalum citrinum, an vnce of Bengewine, and as muche of storax calamita. Wraye all these kindes together, and put it in a fine linnen clothe, in maner of litle purses: but let the cloth be somewhat large, and binde it wel that the said kinds scatter not abroad among the grease.

greaſe. Then make it boile with a litle fier, far of from the flame or leyt, or ſet before it ſome tyle or bricke letting it boyle ſo faire and ſoftlye, foure or fiue houres, vntill all the roſe water bee vaniſhed awaye, whiche may be proued in this maner. Put a lytle ſticke downe to the bottom of the veſſell, and plucke it oute againe quickely, and put it in the fier: and if it burne without any noyſe, it is a token that there is no moore water: but tarye vntill it bee all well conſumed, ſturringe it ſometime, to the entent it burne not to, or ſwell of the burning. Beware alſo of the ſmoke, for if it take once ỹ ſauour of it you can neuer get it out, ¶ when all is wel ſodden, take eighte vnces of white ware, and put it in the ſaied veſſell miring all together, and let it ſo melt with the ſaid ſubſtaunces, the whiche you muſte nowe and then ſturre. This dooen take it from the fyer, letting it ſtande and reſt a quarter of an houre, that is to ſaye: vntill the groſſe ſubſtaunce bee deſcended to the bottome: then powre it faier and ſoftlye thorowe two newe courſe linnen clothes, into a veſſell well leaded within, wherein muſte bee two diſhefull of Roſe water: but take heede of preſſinge it, ſo that the lees come not oute into the ſame veſſell (but into another) for it woulde be ſomewhat red. Let it ſo coole vntill the nexte morning, and whan it is ſolide, harde, and maſſy, deuide it into foure partes, and put it into a round veſſel leaded, ſtyrryng it well with a peſtle, addinge to it by litle and litle good and fyne Muſkte roſe water, and ſo ſtyre it vntyll it be wel incorporated. Nowe, if in caſe you ſe that it doth not wel incorporate together, ſet it a litle vpon the fyre, ¶ when it is hote, powre roſe water vpon it ſturring it well about, vntill it ware verye fine and thinne, but take good heede to the fyre. And ſo kepe it in newe and cleane veſſells.

Another ſweete Pomatum of the ſame ſorte.

TAke Pippyns or other lyke melowe Apples, and laye them vpon a tyle for to bake in an Ouen, then take

take oute the kore and the kernelles, and make them cleane within, braynge and breakynge the rest, and straine it through a fyne canuesse or straynour. This done, take as much fat or grease of a kidde as you haue Apples and straine it likewise, boyling it all together in a newe vessell well leaded, vntill the rose water be consumed: than adde to it Muske, Cloues, Nutmeggs and such lyke substaunces of a reasonable quantitie, according to your discretion: prouided alwayes that they be wel braied and broken in pieces, as is aboue sayed, and boyle them in lyke maner aforesayed, then straine them and keepe them.

Another of the same.

TAke freshe barrowes grease and put it in a newe vessell, with rose water vnderneth, and whiles it melteth in the same, you shall take out that which is melted, to the ende it smell not of the fyre, than put it in cold water the space of. x. dayes raising and lifting it vp euery day. iv. or. x. times, & stirring it at ech time chaunging alwayes the water. Than take of the saied Apples, & purifie them cleane of their kernels, cutting them in quarters not pared: this doen laye them three dayes to steepe in Muskt rose water: take also syxtene Cloues steped a day in colde water often tymes renewed, and putting them after in a fine linnen cloth, boilyng them in rose water with a small fyre, the space of an houre: than hauing well scommed away all the ordure and filthe, put in three vnces of whyte Ware, and make it seeth a lytle, and after straine it into a newe vessell well leaded, leauing it so all a night. This done you shall take oute all the whyte Pomatum, and because there wil remaine a litle ordure in the bottom, you shal put it in a morter with rose water, & syre it: the more you do seuer it a sonder in syrring it, and put rose water to it, the more shal you fine it: but you must se that the morter be cleane. Than take the tallowe or grease of a younge barrowe, and steepe it in colde water, leauing it so the space of foure daies, but you must often

chaunge

chaunge the water, and purifie the saied greace well of all the little skinnes that is in it, beynes, and gristels, Take likewise twenty of the forsaied Apples, and for eche Apple put in thre or foure Cloues, and hauing deuided the Apples in four quarters cores and all, stampe them a lytle. Than take the sayd tallowe or greace and put it in fine rose water, vntill the saide water be consumed, and after you haue boyled it faire and softly, put in the saied Apples stamped, and make them boyle, adding to it a litle fine Synamom, Spiknard, Nutmegs and other spices such as you thinke good. And when it hath boiled inough, straine it thorow a linen cloth, into some cleane vessel. It shuld be wel done to put to it a litle calues tallow wel purified in the maner aforesaied. And when it is sodden and strained, mixe altogethers and put it in a cleane vessel, it is a very exquisite thing.

Excellent Ipocras.

TAke an vnce of Synamon, of Ginger. ii. dragms, Melligetta three dragmes, Cloues two deniers, Nutmegges, Galanga, of eche of them a denier, stampe all and put it in a selley bagge or strainer, then take a pint of the best redde or white wine you can get, or a pint of good Malmesey or other strong wine, mixe well all togethers, than take a pound of Sugre fyned, and hauing stamped it, put it into the other wine, and so poure it vpon the strainour, wherein you did put the said wine with the spices, than hauing taken it oute, you muste powre it on againe, so often vntil it become as cleare as it was before, styring it sometime in the strayner or bagge: and here note that this is to make but a flagon full. Wherefore, if you wyll haue more, you must take a greater quantitie of the saidthynges. And for to make it verye excellent, you maye bynde a lytle Muske in a fine linnen clothe at the ende of the strainer, so that all the substaunce maye passe ouer and vpon it, the which by that meane wil receyue the odour and sent of the saide Muske.

To

To make litle cusshins of parfumed Roses.

TAke buddes of redde Roses, their heades and toppes cut a waye, drie theim in the shadowe vpon a table, or a linnen cloth: water and sprinkle the sayde buddes with Rose water, and let them drie, doynge this fiue or sixe times, turning them alwayes, to the end thei ware not vinewed or mouldy: than take the pouder of Cipre, Muske and Amber made into pouder according as you wouldе make them excellent, for the more you put in of it the better they shalbe: put to it also Lignum aloes well beaten in pouder. Let the saide pouder be put w̄ the budds wete with rose water Muskt, mixing well the budds together with the pouder, to thend that al may be wel incorporated, & so that you leaue them so al a night, couering them w̄ som linnen cloth or Taffeta that the muske may not breath or rise out. The whiche thinge done, take finally lyttle bagges of Taffeta of what bignesse you wil, and according to the quantitie of the budds that you would put among all the pouder. Than close vp the bagges, and for to stoppe vp the seames, you muste haue your mixtion of Muske, Amber, and Ciuette, made as it were to ceare with, where with you shall rubbe all a lenge the seames, to stoppe the holes made with the needle in sowinge: You maye also sowe some ribande (of golde, or silke, or of what you will) ouer the said seames. These be the best that a man can make: and (as I haue sayed) the more Musk, Amber, Ciuet, & Aloe you put in, the better thei will be. If you wyll make them with lesse cost, take suche buddes as are spoken of before, prepared and ordered in the same sort, and in steede of Muske and Amber, put in the pouder of Cloues, Synamom, Irios, and a litle Mace, obseruing suche a maner of parfuming the buddes as before.

Matches or lytle lyghtes of a verye good odour.

TAke of Campher an vnce, of whyte Encence two vnces, beate them into pouder, and make thereof

litle rounde Apples, or balles with a litle ware, than put them in a vessell with Rose water, and lighte them with a candell, and they wyll geue a fayre lyghte, and a very good sauour.

¶ A composition of Muske, Ciuet, and Ambergrise.

TAke a dragme and a halfe of good Amber, and bray it vppon a Porphyre stone wyth oyle of Jasemin, fyrst alone, and than a lytle wyth Muske, as much as shall suffise. Thys doen, adde to it Damaske roses and Bengewin, of eche of them an vnce, Irios a dragme and a halfe: All these thynges beaten in poulder, and strayned or syfted, you shall braye with a dragme of Ciuette, vntil they be brought into the fourme and maner of an oynctment. This done, kepe it in a Horne, or vessell of glasse wel closed.

¶ A parfume for a chaumber very excellent.

TAke storax calamita, Bengewyne, Ligni aloes, of eche of them an vnce, coales of Willow well beaten into ponder. v. vnces. These things myxed with Aquavitis, as much as will suffise to make paste, make therof litle cakes, or other formes what you will, and so kepe them. And whan you wil vse or occupie of it, put it into the fire, for in consuming, litle & litle, it wil make a singuler good odour in the place where you burne it.

¶ Sope of Naples.

TAke Deares grease, or the Tallow of a Cowe, or yonge Calfe, or of a Kidde a pounde, put it in a vessell of earth wel leaded: & after you haue wel strayned it, put vpon it, with discretion to much nor to litle of Sope makers lie, the first best, and strongest of three sortes that they vse, called the maister lie, and kepe the saied grease in the heate of the Sunne, myrynge it well there, and likewise in the night abroade in the ayer: but take hede that there come no water to it. Whan you se that

that it is somewhat drie, put to it againe as muche as shall neede of the seconde and thirde lie, mired together which sope makers vse: rubbe a litle vpō your hand being cleane, & if it make a frothe, it is a tokē it is made.

¶ Parfume for a Lampe.

TAke Ligni aloes, a quarter, Begewine an vnce, storax calamita halfe an vnce, Muske a scruple, Ambergrese halfe a scruple, Rose water inoughe. You shal putte al these thynges well beaten to pouder into the Lampe.

¶ A shorte parfume.

TAke a glasfull of Rose water, Cloues well beaten in pouder, a penny weight: than take the fire panne, and make it reede hote in the fyre, and put theron of the saied Rose water wyth the sayd pouder of Cloues, making it so consume, by litle and litle, but the rose water must be muskt, and so you shal make a parfume of excellent good odour.

¶ An odoriferous parfume for chambers.

TAke Thimiama a pound, storax liquida two vnces, storax calamita thre vnces, Labdanum an vnce, coales of Mil lowe and Tracagantum asmuch as you wil: but stepe or temper the pouder of the coales, and the Tracagantum with Rose water, and let it lie so thre dayes a stepe in the same water, and then make therof paste.

¶ A very good parfume for to trimme gloues with litle cost, and yet will continue longe.

FIrst let the gloues bee great, and of good thicke leather, to the which you shal giue a little Cruet all a longe the seames: Than washe them in rose water, twise or thrise, prelling thē hard: this doen, take two parts of rose water, one part of the water of ꝑ blossomes of Mirtell tree, mingle them together: adding to

it two partes of the water of the flowres of Orenges Lemons, & Citrons, called of the Frechmen, eau de nafe, and washe them so long therwith, that they sauour no moore of the leather: then laye theym in a platter, and leaue them there couered with the saied water, & pouldered ouer with the poulder of Cypres, by the space of a day or twaine. This dooen, take them out, and presse them a litle, and so drie them in the shadowe. When they bee half drie, geue them a litle Ciuet in this wise put asmuch Ciuet as you shal thinke good in a dishe, with a litle oyle of Jasemyne, that is not old, the whiche you shal make to dissolue before the fier, than annoynt therewith the gloues within side, and rub them wel betwene your hands chafing them at the fier, vntil you thinke that the ciuet be perced and gone thorow them, and leaue them so a while. Then after rub them wel with a clothe to the ende the Ciuet maye perce the better, and the gloues ware soft: then draw and stretch them out abrode, leauing them so the space of a daye, & when you shal thinke they be humide and moyste, enlarge them and blowe them and puffe them vp: leaue them so vntil they be halfe dried. Than take good parfume to burne, & hold them ouer the smoke of the saide parfume, to the end that it maye perce and go into the inner partes of the gloues, and parfume them within side. This shal you do thrise a day, the space of twentie daies, weting them at ech time with a lytle parfumed water, & wrapping them with some whits linen cloth: than take Muske and Amber as much as you will, and put it in a tinne platter, w̄ oyle of Jasemine or Bengewine or some other oyle: let them wel dissolue at the fier with a lytle parfumed water, than annoynt them with a pensel on the out syde, and not within: annoint also the seames with ciuet, and lay them certein daies among dried roses. Finally lay them for ỹ space of. iii. or. iiii. daies betwene two matresses: then will thei be excellent, as if it were to present an emperour withal.

A verye excellent ciuet to parfume gloues, and to annoynt a manner handes with.

Take

TAke three pounde of white wine, the tallowe or grease of a Gote, sheepe, or Kidde, a pound: boyle al together w̄ a smal fier vpon the embers or coales, in a couered panne, than take them from the fyer, and when they be coole againe, put them in a platter with cleare water, & washe them wel fiue or sixe times and put them againe in cleare water al a night. Thys dooen, take a pound of rose water: two pound of white wine: and w̄ this boile the grease vpon the coales with a smal fier, vntil one half be consumed: thā take swete Nauewes, & rost them vnder the ashes, but burne them not. And for eche pound of grease, take halfe a pounde of the inner white of the saied Nauewes, & boyle it in rose water, the space of halfe an houre, than straine it and put it into a morter with oyle of Jasemin, or of Citrons or suche like, or els with a litle Campher: After this you shall take a dishe or the bottome or foote of a glasse, wet within with Rosewater, wherin you shall make the forme and facion of the Cluette, addyng to it first of all three vnces of Ceruse, well beaten in pouder for euery pound of tallow or grease, and it will be an excellent and princely thing.

¶ Oyle of Roses and floures, very parfit.

TAke the seede of Millons wel mundified and stamped, and lay them by rankes or by beddes, with the flowres of Roses, by the space of. viii. daies, then take a litle linnen bagge wette in Rose water, or in the water of other flowres, in the whiche bagge you shall put the seede: and hauing wel bounde it, put it in a presse sour, and presse oute the oyle, which will be very precious, and the which you must kepe alwaies close.

¶ Oyle of Cloues very noble.

TAke Almondes mondified and made cleane with a knife, and broken in pieces, stiepe or temper theym

in Rose water, than dresse them in this maner. Take Cloues stamped, and temper or lay theim in Rose water, & couer the vessel diligently, leauing them so vntil the water haue taken the vertue of the Cloues: put also the Almondes in the said water, and leaue them ther vntil they be swollen wt the water. And after you haue taken them out and dried them in the Sunne, lay them in the water againe to swell, and afterwarde let theym drie well as before, continuyng thus. v. or vi. times: Then put them in a presse, and presse out the oyle, whiche you shall kepe in a cleane vessell well stopped. In this maner may you make oyle of Muske, of Amber, of Bengewine, of storax calamita, of Aloe, of Synamom, of Mace, and of Nutmegges. You may make them also in diuers sortes, and put to them Aqua vite.

¶ To make an excellent parfume to parfume Chambers, garmentes, couerlettes, Sheetes, and al other thinges, belonginge to any Prince.

TAke pilles of Citrons dried in the shadowe, and if you can not get of Cytrons, take of Lemons, or Orenges, or if you can get none of these, take the leaues of Roses eyther greene or dried, accordinge to the season of the yeare: and whatsoeuer is of al these thinges abouesaid, you must occupy it whole or by smal pieces, and not in poulder. And whan you will make the parfume, take of the sayd pieces as much or as many as you wil, and annoynte them well with Ciuette on euery side: after lay them vpon some roles in the mides of the chamber, or some corner: as you list, this wil geue a very pleasaunt and precious odoure throughout all the Chaumber. If you wyll yet make it better, you may put with the Ciuette, Muske, and Ambergrise, as much as you wil: and if you desire to make it with lesse coste, and yet neuertheless very good, take Rose water of the flowres of Orenges, or such other odoriferous & swete water, with Oyle of Jasemin, or of Cloues, or such like at your pleasure, wt the which you shal temper

and

and styepe Storax calamita, and a little Lignum Aloes, yf you haue any, if not, you shall do well inough without it: adde to it as much Cluet as you wil, and make a licour therof as thick as sauce, wherwith you shal annointe the Citron or Orenge pilles: than lay them so vpon the coles, and it wyll be an excellent thinge, and contynue twise as longe as it would do, if you burned the odours without the pilles, and besides that it maketh the parfume to dure longer, they make also ỹ composition farre better and perfecter. If wt the said parfume you wolde parfume lynnen clothes, Sheetes, or other lyke thinges, make it in this maner. Put the linen, and thinges that you wyll haue parfumed, in a cofer, that hath no chinckes, cliftes, chappes, crefles, holes, or is broken, wherby the smoke may haue issue out. You must range and laye your linnen and other thinges on eche syde of the cofer, leauing a place in the myddle to sette a lyttle panne, or other vessel with fyre in it, and the said pilles to parfume theym, you may also laye clothes vpon the lydde of the cofer. This done, you must set in the middle the lyttle vessell wyth coales, and also the pilles: and hauinge shutte the cofer, you must let all the parfume burne out, not openinge the cofer of longe tyme after. And hauinge thus tarted, open the cofer, and tourne your linnen and other thinges, to the ende to parfume them on the other side that is not parfumed, and put in newe parfume, doinge as before, you shal fynde this of a great excellencye, so ỹ the cofer it self shall be so well parfumed wt it, that al that you putte afterward in it, shal sauour of it. And if you wil, you may also parfume in the sayd cofer other lytle coffers for handkerchers, & other thinges, as little cusshyns, and bagges of Roses, which are parfumed also with out syde, beynge kept in the cofers, for they geue alwaies an odoure and sauour to thinges that you put in them.

¶ Rounde apples or balles to take out spottes of oyle or grease.

TAke purging Sope, or soft Sope, and incorporate it with the asshes of vines finelie sifted, as muche of the one as of the other, than put amonge ẏ saide pouder Roche Alome burned, and the dry leese of wine called tartre well beaten into pouder, incorporate wel al together, & make therof litle round Apples or balles which you may vse to take out spottes of any garment.

¶ To make a paste for swete Beades or Beadestones.

TAke a pounde and a halfe of blacke earth well beaten into pouder, foure vnces of Gomme dragant, and lay it a stiepe, or temper it in a morter, with as much Rose water as wil couer the earth with the saied Gomme dragant, and stampe it wel by ẏ space of halfe an houre, ẅ these swete thinges folowing. That is to say: storax calamita, an vnce, pouder of Cloues halfe an vnce, Labdanum, halfe an vnce, Synamom halfe an vnce Sandalum citrinum, halfe an vnce: beate al into pouder verye finely, and mire all together with the foresaied paste, than take it out of the morter, & braye it well betwene your handes, by the space of halfe an houre. And than you may make thereof Beades or Beadestones.

¶ The ende of the seconde booke.

The

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE THIRDE BOOKE.

¶ A goodly secrete for to condite or confyte Orenges, Citrons, and all other fruytes in syrop, which is a notable thinge.

TAke Cytrons, or other fruites, and cut them in pieces as you wyl, taking oute of them the Juyce or substaunce that is within them: than boyle them in freshe water aboute halfe an houre, vntil they be tender, and as softe as you would haue them. And whan you haue taken them oute, cast them in cold water, leuing them so vntil night. After this you shall set them againe to the fire in other fresh water, and do but only heat it in that water with a small fire, for it must not seeth, nor be to hote: but let it only simper a litle, you shal continue thus, viii. daies together, heating them euery daye in hote water, and puttinge them againe at nighte in colde water. Some heat the water but once a day, to thend not to make the citrons to tender, but chaunge the fresh water at night to take out al the bitternes of the pilles, the which being taken away, you must take sugre, or clarified hony & prepared (as we will declare afterward) wherein you must put the citrons, hauing first wel dried them from the water. In winter you must kepe them frō ỹ frost, leauing them two or thre houres in a place mete for the purpose: and in Somer you shal leaue them there all a night, and a day, and a night in hony. Than boyle the hony or sugre again by it self, without the Orenges or Cytrons, by the space of halfe an houre or somewhat lesse, with a smal fyre, and beinge cooled, set it againe to the fire with ỹ Citrons, continuing so ii. mornynges

to

to the ende to bring the honny to hys perfection, according as nedde shall requier. If you wyll putte honnye in the water, and not Sugre, you may clarifie it twise, and straine it throwe a strainer, according to the arte and maner, that hereafter I wil teche you, to the ende you may haue perfitelye the vse and facion of makinge all suche thinges. Nowe, hauinge thus warmed and clarified it, you shall straine it, and set it againe on the fier, with the Citrons onely, makinge it to boile with a smal fier, the space of a quarter of an houre: than take it from the fier, and let it stande and rest, at euery time you dooe it, a daye and a night. The nexte morning you shal boyle it againe together, the space of half an houre and dooe so two mornynges, to the ende that the Honnie or Sugre maye well and perfytlye bee incorporated with the Cytrons. All the arte and conninge consisteth in boylynge thys cyroppe together wyth the Cytrons, and also the cyrope by it selfe. Wherfore he that hath no skyll in the boyling of it, will quickely lette it take the smoke, so that it shall sauour of the fier: but he that can trimme it wel, it is an erquisite and pleasant thing. In this maner maye al other fruites bee dressed: as ripe Peaches with the inside and skynne, Lemons, Orenges, Apples, greene Walnuttes, Letuse, well made cleane, and voided of their greate leaues, and other thinges like, all the whiche you muste boyle, as is aforesayed: but some more some lesse, after as nede shal bee, and according to the nature of the fruite. So shall you make alwaies a good perfite, and durable thinge.

¶ The maner howe to clarifie and prepare honnye and sugre for to confite Cytrons and all other fruites.

TAke euery time tenne pounde of Hony, the white of twelue newe layed egges, and take awaye the froth of them, beating them well together with a sticke, and fire glasses of faier and freshe water: then put them into the Honnye, and boyle them in a potte with a moderate fier, the space of a quarter of an houre, or somwhat lesse, than take theym faire and softelye frome the fier, scumming

scumming them well, and passe them so hote thorowe a strainer: for it shall be the fairer, and the clearer, for any thinge that you wyll occupie or vse it aboute. Hauinge thus ordered it, take for fyre pounde of Citrons, twelue pounde of Honny. The Sugre is also ordered and dressed in like sorte as the Honny is: but if you wil confite Citrons with Sugre, you muste note this difference, that for syre pounde of Citrons, you shall putte but. iv. of Sugre, for to confyte theym, so that they maye bee kepte all the yeare. This is, because the honny maketh a greate deale moore skumme and froth, then the sugre dooeth, and therefore you muste putte the thyrde parte moore of Honnie. In keeping this proportion, you can not faile to dooe it well.

To confyte Peches after the Spanyshe facion.

TAke greate and fayre, Peches, whiche you shall pyll and make cleane, and cutte theym in pyeces, and so laye theym abrode vppon a table faire and cleane in the Sunne by the space of two dayes, tourning theym euer at nighte, and in the morninge, and put them hote into a Juleppe of Sugre, well sodden and prepared as is aforesaied. And after you haue taken them out, sette them agayne in the Sunne, tourninge them often vntill they bee well dried. This dooen put theym againe into the Julep, and then in the Sunne, vntil they haue gotten a faire barke or cruste, as you wyll haue theym, and this shall you dooe three or foure times: then being thus prepared, you maye keepe theym in boxes for winter, for it is a soueragne thing.

¶ To make Conserue or Confiture of Quinces, called in Latyne Cotoneatum, cydoniatum or cidonites, as they dooe in Valence, whiche also the Geneuoyes dooe vse, we call it in Englyshe marmelade.

TAke Quinces, and purifie them, and when you haue taken oute the kernelles, seethe them in faire & fresh water, so much vntil they open and breake, then straine them through a cleane strainer, that there remaine no-

thing

thinge in the saied strainer, but onelye the hardnesse of them, that is to saie: the skinne the kore and such lyke For eyght pounde of the saied strained substaunce, you muste putte three pounde of faier and fine Sugre: and taking a vessell of tinne faire and large in the bottome you shall myngle the Quynces wyth the Sugre: and then sette theym to boyle wyth a lytle fyre, sturrynge theim with a broade sklyse of woode, vntill all be well sodden, whiche if you wyll knowe, loke when all shall leuse it selfe, and cleaue no more to the saied vessell, for then it is sodden to his perfection, and shall bee tyme to take it of. And yf you put to it anye Muske, stampe it with a litle Sugre, as much as you wyll, & cast it into the saied vessel, sturring it alwaies with your sklyse of woode. If you wyl adde spices to it, put in Synamom, Cloues, Nutmegges, and Ginger, as muche as you wyll, boylinge the Muske with a litle Vinagre. This dooen, with the broade sklyse laye of this confection of Quinces vpon a table, where fyrste you muste haue sifted and strowed Sugre, and so make round, broade or long pieces, as you will wt the circle of a bore, of what greatnesse you liste: then set theym in the Sunne vntil they bee thorowe drye. And whan they haue stande a while, tourne theym vp side downe: makinge them alwayes a bedde of sifted Sugre bothe vnder and aboue. Then tourne theym styll in the sayed Sugre, and drye theym in the Sunne, so longe vntill they haue gotten a faire white cruste of Sugre. Better marmelade of quinces, sweeter, or hartier than this, a man can not make. In lyke maner maye you dresse and trymme Peches, Peares, and other kyndes of fruites: A thing of greate singularitie.

¶ To make a paste of sugre, wherof a man maye make all maner of fruites, and other fyne thinges with theyr forme, as platters dishes, glasses, cuppes, and suche like thinges, wherewith you may furnishe at table: and whē you haue doen, eate them vp. A pleasant thing for them that sit at the table.

Take

TAke gomme dragant, as muche as you will, and steepe it in rose water, vntyll it bee molified. And for foure vnces of Sugre, take of it the bignes of a Beane, the iuyce of Lemons a walnut shell ful, and a litle of the white of an egge: but you muste first take the gomme and beate it so much with a pestel in a morter of whyte marble, or of brasse vntyll it become lyke water, then putte to it the iuyce with the white of the egge, incorporating well altogether. This doon, take iiii. vnces of fine white sugre, well beaten to pouder, and cast it into the morter by litle and litle, vntil all be turned into the forme of paste. Than take it out of the sated morter and bray it vpon the pouder of Sugre, as it were meale or flowre, vntyll all be lyke soft paste, to the end you may turne it and fashion it which way you wil. When you haue brought your past to this forme, spreade it abrode with Sinamom, vpon great or small leaues, as you shal thinke it good, and so shal you forme and make what thinges you wil as is aforesaid: with such fyne knackes as maye serue a table, taking heede that there stand no hote thing nigh vnto it. At the end of the banket thei may eate al, and breake the platters dishes, glasses, cuppes, and al thinges: for this paste is very delicate and sauourous. If you will make a thing of more finesse then this, make a tarte of Almondes stamped with sugre and rose water, of lyke sorte that march paines be made of. This shal you laye betwene two pastes of suche vessels or fruites, or some other thing as you thinke good.

To make a confection or composition of Melons or Pompones, very exquisite.

TAke what quantitie of Melons you wil, and take them before they be full ripe, but let them be good & make as many cutts in them as thei be marked with quarters on euery side, & hauing mondified them taken out of their kernels & pilled them of ye vtter rine, steepe them in good vinaigre, leauinge them so by the space of ten daies: and when you haue taken them out take

take other Vinagre, and stepe them a newe agayne, other ten dayes, remouinge and syringe them euerye daye: than whan time shal be, take them oute, and put them in a course linnen cloth, dryng and wiping them wel. Finally set them in the ayer the space of a day and a night, than boile them in hony, and by the space of ten daies geue them euery day a litle bubbling or boilinge, leauing them alwaies in the hony: and let them boile at eche time onelye but one wawme. Then take the saide pieces, & put them in what kind of vessell you will, and take these spices folowinge, the ponder Cloues, of ginger, of Nutmegs, & of Synamom, wherof you shal make spices, this done, make one bedde or ranke of the pieces of melons, & another of the spices: than take fine white hony, and poure it vpon them in the saide vessell.

¶ To make Melons and Pompones sweete and very delicate.

TAke fine Sugre, and dissoule it in water, than take the sedes of a melon, and cleaue them a litle on the syde, that sticketh to the melon, & put them in ỹ sugred water, addinge to them a litle Rose water, leaue the sayde seedes so by the space of three or foure houres, and then take them out, and you shal see that as soone as the saide seede is dry, it will close vp againe. Plant it, and there will come of it suche Melons as the lyke hath not bene seene. And if you will geue them the sauour of Muske, put in the sayde water a litle Muske, and fine Synamon. And this may you do also with the seedes of Pompones and Coucumbers.

To confyte Orenge pilles, which may be done at all tymes of the yere, and chiefely in Maye, because than the sayde pilles be greater and thycker.

TAke thicke Orenge pilles cut in foure or. vi. pyeces, and stiep them in water the space of ten or. xii. dayes. You maye knowe whan they be stiped ynough, if you hold them vp in the sunne and se thorow them, for than they be stiped inough: & if you cannot see

see thorowe them, let them yet stepe vntill you maye: than afterward lay them to drie vpon a table, and than betweene two drie linnen clothes. Moreouer put them in a kettle, or vessel leaded, adding to it as much hony as will halfe couer the said pilles, more or lesse as you shal thinke good. Boile them a little, styrring them alwaies and than take them from the fire, least the honny seeth to muche, for if it shoulde boile but a litle more then it ought to boile, it woulde be thicke and Massife. Let it than stand & rest foure daies in the sayde hony, styring and mingling well euery daye the saide Drenges and hony together. For because there is not hony inoughe to couer ouer al the drenge pilles, you must styre them wel & oftentimes, to thende theimay al equally receiue of the honnye. This shal you do three tymes, geuinge them one bublinge or boilinge at the time, and so let them rest and stand. iii. daies as we haue saied. Finally you shal straine or dreane them from the saide honnye, and boile them in as muche other honnye as you shall thinke will suffice, and after you haue let them boyle the space of a credo, take them from the fyre and bestowe them in vessels, putting to them of the best spices you can finde, as Ginger, Cloues, and Synamome: mire all well together, and you shall haue made an excellent thing. And note, that the honny that shal remaine, wil be still good for to dresse and trimme other Drenges, or other thinges withall.

To confyte Walnuttes.

First take Walnuttes when they be lytle & greene, with the pille or huske and all, & make in them .iiii. litle holes or mo, then stepe them in water .xi. daies or more or lesse: make them cleane and boyle them in hony, as the foresaide Drenges, but make them seeth foure times as muche. And note that the honnye is alwayes good, but you must oftentimes put in fresh, because it consumeth. Finally you shall dresse them with spices, as the Drenges, but putte not many cloues to them for they wil make them to bitter.

To

¶ To confyte Gourdes.

TAke the necke of the Gourde, and cut it in longe pieces, as you thinke good, & powre vpon them boiling water, & do so .iii. mornings, but you must haue pilled them finely, & taken awaye the inner part that serueth for nothing. Thys done, seeth them in a kettle vntill they be neither to much nor to litle boiled but euen hole and mastiue not broken: than drie them vpon a table in the shadowe the space of two dayes, and after wipe them cleane piece by piece with a line cloth and do with them as with the Orenges.

¶ To confite cheries.

TAke cherries and leaue them a day in the sunne thā take out the stones, and sette them in the sunne a-gaine three daies: after this seeth them as we haue sayde of the Orenges: but you must leaue them in hony .xv. daies, and by the fyre .iii. daies, so that they may onely be kept warme, to thende they sauour not of burning, or of the fire. And after you haue wel mired and incorporated all, you shal putte them in hony with spices. Al these confytures may dure many yeares, so that you refreshe them with other hony boiled a litle, whan they be diminished.

¶ To make litle morsels as they vse in Naples, an exquisite thing for they be very sauorous, do cōforte the stomake, and make a swete breath.

TAke three pounde of fine sugre, the flowre of meale .vi. pounde, of Synamom three vnces, Nutmegges, ginger, pepper, of eche of them halfe an vnce, but let the quantitie of the Pepper be greater than of the residue, rawe white Honny, not clarified, three vnces. Firste make a round cyrcle with the said flowre, in the myddle whereof, you shall put the Sugre, and vpon it a pounde of Muskt Rose water, bray and breake wel al these

these thinges with youre handes, so longe, vntyll you feele no more Sugre. Thys done, you shall put in the sayde spyces, and than the Honny, myxinge well all together with your hande.

After this mengle it againe amonge the flowre, & kepe some of it to flower the tile or other thynges that you must bake it vpon. And whan al is well wroughte and made into past, you shall cut the litle morsels in sunder with youre handes, making eche of them three vnces weight, or there aboute, than turne and make them in to the fourme of a fyshe, dressinge them with youre instrument meete for the same purpose. Than heate your ouen and laye them vpon litle tiles of copper or earth, makinge first vpon the tiles a good thicke bed of floure you must bake them, the mouth of the ouen being open keping euermore a fyre at one of the sides of the mouth of the ouen, ye must also touche them often times, to se if they be baked ynough, & whither they hange sure, & holde together betwene youre fingers: you maye also bake them in the fire in ouens of copper couered, suche as tartes be made in, then when you haue taken them out you must gilt them.

¶ The ende of the thirde booke.

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE FOVRTH BOOKE.

¶ An odoriferous and precious water, wherwith a man maye weate or bath anye linnen clothe, to wype or rubbe his face, whiche wil make the flesshe white and wel coloured: and the more a man rubbeth his face with it, the fairer it is, and also continueth. vi. monethes. A thing experimented and proued yea and it were for a quene.

TAke a pounde of Roche Alome, washed and burned, Malmesey two glasses ful, paste of Bozar. bi. vnces, white Gomme dragant a pound, Gomme arabicke thre vnces, steep al in the Malmesey, by the space of two natural dates, mingle it wt two pottes of goates milke, & stoppe it wel that it take no vent: than take ix. vnces of Sublimatū, & set it to burne or calcine in an vnyelded potte, well closed vp in a furnayse, and twoo pounde of Ceruse of Alexandria, prepared in this maner. Lappe it vp with the white of an egge, in some lynnen clothe, and boyle it in sweete lye, vntil the thyrde part be diminished: than mixe all these thinges well together. This dooen, take twoo pounde of rawe white Honny, three pounde of terebentyne of Alexandria, iii glasses of stilled Vinagre, Ginger stamped. bi. vnces: boyle all with the saied Vinagre, vntyll there be but twoo glassesfull left.

Than take iii. vnces of fine Mirre elect, & put it vpon ỹ said things: after this take two vnces of litarge of siluer well beaten in poulder, & boile it in. iii. glasses full of good bergeous or whyte wyne, vntyll the thyrde part be diminished: than with a litle cane, rede, or stick

mixe

myxe or sturre well all the sayed thynges together, in some vessell, the space of. vi. houres. Finallye, put into the same about fiftie snailes out of their shelles & made cleane, an vnce of Campher, a good fatte henne flawen and broke into smal pieces, without washing her, two Orenges without their pilles, kernelles, or the lytle skinne within the pille, xii. Lemons ordered lykewise, or elles the iuyce of them, which wil consume the sayed snayles, and al wyl ware like paste. This dooen, take the white of. xxv. egges new layed, hard rosse, with the whiche you must incorporate fyve vnces of Synamom, and a certaine quantitie of sugre candy, and put all together in a violle into the bathe or balne, and still it. The first water that shall come of it, wil be white, the seconde yet whiter, which you shall receyue a parte by it selfe, and the thirde verye whyte. Than myngle the first with the laste, and distyl it agayne, and kepe it, for it is good: yet not so good as the second, which is verye excellent aboue al thynges in the world, and that must serue for the visage or face. If you wyl dresse or trimme handkerchers wyth it, as is aboue sayed, take what handkerchers you wyl, so that they bee not very fine, & lay them in a platter, and powre vpon theym as much water as wyl couer them, leauing them so the space of fyre houres, than hauing taken them oute, and hanged them vp, in such sort, that the water may droppe out of them into the same platter, ye shal let them so dry, then bathe or washe them again, as before other. vi. houres, dryng them agayne, and so. vii. times. Than shal you haue an excellent thing.

¶ To make a water that wyll make a whyte and pale persone well coloured.

TAke white Pigeons, and fatten them with Pyneapple kernelles, the space of xv. daies, and than kil them: & hauing cast away the head, the feete, & the guttes, with al the garbage, distill them in a limbecke with half a losse of Sucharine Alom, thre hundred lea-

leaues of fine siluer foyle, fiue hundred of gold foyle, and the cromme of. iiii. white loues steped or weated in almonde milke, a pounde of the marye of a calfe or ore, and freshe barrowes grease. Make al this to distil with a litle fier, & you shal haue therof a verie perfite water.

¶ A verie good water to make the face appeare of the age of, xxv. yeares.

TAke a couple of calues feete, and seeth them in viii pound of riuer water, vntil half be consumed, then put to it a pound of ryse, and let it seeth with crommes of fine manchet breade steped in milke, two pound of freshe butter, and white of. x. new laied egges, with their shelles & all: set al those things to distill, & into the water that shal come of it, put a litle Campher, and sutharine Alom, and you shall haue an excellent and noble thing of it.

¶ A water to beautifie the face, and all other partes of the body.

TAke of white Borax two vnces, roche Alome an vnce, Campher two dragmes, Alome called in Latyne Alūmen scissilæ or plumæ, whyche naturallye groweth like a stone, and not withstandinge maye bee deuided, there bee longe strakes seene in it, and the Alome called Alumen or deſquamatū because it is poyled in a caudron, & is made more pure by an herbe (like to herbe pure) burned into ashes and lye made therwith, of eche of these an vnce: beate eche of these to poulder by them selues: and than incorporate all well together, and put it in some greate vessel full of condite water. the which you shal couer and close vp sure with a linen cloth, and set it to the fier, the space of two houres, than take it a waye, and when it is colde agayne, putte it in another vessel, and take the white of two egges new laied the same day, and beate it well with a litle bergeous; and so put it in the vessell with water, and leaue all so togeather the space of. xx. dayes in the Sunne, and you shall haue a perfite thing of it.

¶ A

¶ A water to make the skynne white, and to take awaye the sunne burning.

TAke halfe a potfull of raine water, & fill it vp with vergeous, than seeth it vntil it bee halfe consumed and in the meane time that it yet boyleth, fill it wt the iuice of lemons. When it hath sodden, take it from the fier, & put to it the white of. iiii. egges new laied, & well beaten, but the foresaied substaunces must be colde before you put in the saied white of the egges: and than is it made.

¶ Another water to beautifie the face, and to make it appeare of the age of fyftene yeres.

TAke quicke Brimstone an vnce, whyte ensence of the best. ii. vnces, of Myrre twoo vnces, of fyne Ambergrise. vi. dragmes, beat eche of these droges by them selues, & then mingle them altogether with a pound of rose water. This doen, put them to distil, and kepe it in a vessel close stopped. And when you goe to bedde, washe your face therewith, & leaue it so not wiping it, & in the morning washe it againe with well water luke warme, and by this meane shal you maintaine and kepe the skinne verie delycate, fine, and smoth.

¶ An easye water for Ladies and gentilwomen.

TAke the whyte of eyghte newe layed egges, and beate them vntyll they bee conuerted into a cleare water, then strayne them, and take Alumen catinæ or Dessquamatum, Boras, Champher, Alumen Zucharinum whiche is made with Alome relented, Rose water and whites of egges into the facion of a Sugre lofe, of eche of them an vnce, of Vinagre eyght vnces, water of beane blossoms twoo vnces. Let all these saied thinges be finelye stamped and beaten in a morter, and than put all together in a great violle of glasse, the whiche beynge well couered, you shal leaue in the sunne the space of fiftene

dayes, sprynge the sayde water twise or thrise a daie, and so let it stande and rest. This done, put it in another bolle, and washe your selfe with it whan you wil, leauinge it so a certaine space vpon your face: and than rubbe it with a piece of scarlet. The lady or gentlewoman that wyll vse often times to washe her face wyth this water, yea, were she of yeares thre score, she shall appeare to be of the age of .xv. yeare.

¶ To make a goodly lustre or beautifying of the face good for ladies and dames.

TAke a great Lemmon, and make a hole in the toppe of him thorough the whiche hole you shall take out of the substaunce within, the bignesse of a Walnutte: & fyl it againe with Sugre Candy, w foure or fine goldfoyle leaues, and couer it againe with the piece that you toke of, sowinge it with a needle, so that it may remaine fast on. Than set the sayd Lemon to roste vpon the coales, right vp, and after as it shal beginne to roste or boyle, tourne it often, vntyll it hath sweat a good space, than take it of.
And whan you will vse of it, putte one of your fingers into the hole that was sowed vp, and rubbe youre face with it, with some fine linnen clothe, and it will prouo an exquisite thinge.

¶ To take out spottes, lentilles, or pimpels of the face.

TAke the meale or flowre of a kind of pulse corne called Lupioum which groweth in Italy and Fraunce, but here vnneth knowen. the fresh recente gal of a goate, the iuyce of a lemon, Alome sucharine incorporate well all together in maner of an oyntmente: and rubbe at nighte the place with it where the spottes or burgeons be, and you shalbe incontinent cured of them This is well experimented and proued.

¶ To

¶ To dresse or trim water of the vine, commonly called lachri ma vitis,

Take axungia vieri an vnce, Alome sucharine two vnces roche alome an vnce, Borax ii. vnces, camfyre an vnce: Then take a violle full of this Lachrima vitis, & put to it the saide droppes leauing them so in the sonne the space of a moneth and it will be done.

¶ A very good way howe to geue a lustre shew to all distilled water.

Take little greene pine Apples well mondified, cut them in litle rounde and flatte pieces: whiche you shall steepe three dayes in rewe mylke, chaunging the milke once a day (but it were better in goats milk) at the ende of thre dayes distille them wyth these poulders folowing. Pouder of glasse foure vnces, pieces of redde corall two vnces, Sugre Candy four vnces, roch Alome. i. vnce, quicke siluer mortified with spittle, an vnce and a halfe. xii. new laide egges broken with their shelles and all, Turpentine washed in ix. waters, four vnces, Snailes such as carry no shelles on their backes and if you cannot get such, take those that cary shelles. All these thinges well stamped eche one by hym selfe mingle them together, and than make in the Limbeck a rowe or bedde of them, than a bedde of the poulders, and one of Turpentine, and so another of the snayles, and thus one vpon another, vntil the Limbeck be full, than cast vpon it a glasseful of good whyte wyne, and make vnto it a temperat fyre. Thus shal you haue such a water as you wold desire, the which you shal kepe in a flagon of glasse: for it is very good to make white and to beautify the flesh, and to take away the wrinckles of the face: A thinge proued.

¶ To make a water of white Melons, that maketh a fair skinne.

TAke white Melons well made cleane of their pilles, and cut them in pieces a fingar thick, leauing all the middes alone, than take these thinges folowing: Sutharyne Alome four vnces, quicke siluer broken or mortified, an vnce, Roch Alome burned an vnce Turpentine washed a poũd. vii. new laide Egges stamped with shelles and all, white Snailes cut in pieces as many as you will, Suger, iiii. vnces, with a glasse full of Goates milke, and one of whyte wine: than fyll the Limbecke with the saied thinges, layeng rancke vpon ranck, as we haue said of the other water before. Cyue it than a litle fire, and kepe the water in a viole, which will be excellent to washe your face with. After this maner is made ỹ water of Anguria of the blossomes of beanes, of mallowes, and of the blossomes of Tansey, or wild vine, and other such like things.

¶ To make a very good water of Gourdes, as well gardeu Gourdes as wilde.

TAke Gourdes, & plucke of their vtter pille or barke cut them into lyttle rounde wheeles, than put to them fire vnces of sucharine Alom, an vnce of Alom scisile or plume, the value of a peny of Mirrhe, half a poũd of Turpentine washed, foure newe laide egges stamped and wel beaten together, fiue Lemons cut in trenches, Snailes as manye as you will, a glasse of white wine. Beate into pouder that which ought to be beate and mire well all together, making the first rancke of Suger, the seconde of pouder, and the thirde of Snailes than put the wine, the Lemons, and the egges vpon al the rest, and so distill it with a small fire: and the water that commeth of it must be kept viii. or xvi. dales in the sunne in a viol. A man may make the like also of Gourdes that growe nigh vnto the sea.

¶ An onyntment for the face which beinge kepte on, or vsed continually the space of eighte dayes, altereth the skinne and renewyth it finely.

Take

TAke four newe laide egges, and lay them eyghte dayes together in stronge Vinagre, so that they become tender and soft, that you may take of the shelles. After this take oute the yelkes finelye that you breake them not, and put them in an earthen dishe leaded This done, take the value of a peny of whyte Turpentine well washed, the value of a halfe peny of sugre Candy, and twise as much of the paste of Bozar, Campher, Verdegrise, Roche Alome, of eche of them fire deniers. All these thinges well beaten to pouder, take. ij. quarters of quick siluer mortified wt spettle or the ioyce of lemons, oyle of wine leese called Tartarum. iiij. vnces, a white onyon, which you shall boile in white wine, & straine thorowe a strainer, and mingle al this with the yelkes of the egges, incorporatinge, and beatinge al well together, with the iuyce of two lemmons. And at night whan you goe to bed, laye the saide composition vpon your face, necke, and breaste, lettinge it so drye of it selfe. Now, you must stirre it well at euery time you will occupie it, and you maye not take it to sone from your face, for than you shall marre the skinne: but you must let it lie on the space of eight dayes. And although you would thinke the saied composition burned or slawed of the skinne of your face, you may not for all that take it of, but let it worke his operation, and at thende of eight dayes take it of in this maner folowing. Take wheate bran, mallowes, leaues of Marche violettes, Beane poddes, crommes of breade, and a good quantitie of rawe honny, and boile al these thinges together, vntyl it be all softe, than powre it into some potte, and let it coole vntyll suche tyme as you maye endure the smoke therof, holdinge youre face ouer the potte. Also couer well your heade, your breaste, and other places, where you haue laide the sayde past, and holde you face so ouer the smoke of ꝯ pot vntil the sweate dropp downe by al your face. And whā you perceiue your self to swet take a litle of the salt water, & put crommes of bread in to it, and whan you haue well swete, take of the breade crommes, & rubbe with them al about wher the compo

sition

stion is laide: for there the skin wil be very tender, and therfore must you rubbe hard, vntil your face be cleane of the said past, or composition, than immediatly washe your face with cleane water, and wipe it drie again. After this, you must take some distilled water, wherin is no stronge substaunce, and bath your face with all fine or six times. If in case there remaine behind anye of the saied past in any place of your body, rubbe it well with the said crommes of bread, or some linen cloth, wete or dieped in such distilled water, and you shal incontinent se that that skinne which was rough, thicke, and rude, shalbe chaunged and altered into a fine, faire, and delycate skynne. But beware that in eyght daies after you go not abroade in the open aire, or to nygh the fyre, lest the newe fyne, tender, and delycate skynne, shoulde be burned, or take any hurte. This is a goodly secrete.

¶ For him that hath naturally a redde face.

TAke foure vnces of the kernelles of peches, two vnces of gourdes sedes, and make therof an oile, wherwyth you shall anoynt hys face morning and euening, and this will kil and destroy the redneſſe. A thing found trew by experience.

¶ To make aqua argentata or siluered water, whiche maketh a white ruddie and glistring face: and is made like a water and not like an oyntment, that the dames of Italy for the most part do vse, although that fewe men make it as it ought to bee made.

TAke. iiii. vnces of Sublimatum. and breake it in sonder in a morter, styrringe it alwayes with one hande. When it is broken ynough, take. iiii. deniers of quicke syluer, and put it in stronge whyte vinagre the space of viii. daies than put it in another vessel wt other vinagre, & boile it a litle. This doen, take the quicke siluer out of the vinagre, and lay it in a dishe, takyng the crome of a lofe, which you shall cromme with the saied

quicke

quicke siluer, styrring wel altogether, vntil the quicke siluer be faire and clear, than blow in it, and the bread will flie a way: than shall you put this quicke siluer, so purged, with the sublimat, in mixing and styrrynge it wel with one hand, & so it wil become white as snowe: than take hote boylynge water, and powre it into the saied morter, which must also be hote and styre it well and mixe all together, and so let it stand and rest. After this take diligently the water away, which wil be very good for scabbes, or skurfe: & powre to it other sethinge water, & washe it well, as before, foure or fiue tymes. This dooen, take. xii. or. xv. Perles, & a Carlin or two of golde or siluer broken in sonder & in mixing it togyther you shal put into it a litle Campher, a litle Borax and a litle Talchum, if you haue any.

All these thinges shall you breake and bruse in sunder wyth one hand in a morter, and so leaue it fourty daies in the Sunne, sturring it euery day with your hand the space of halfe an houre. After the saied fourtye dayes take foure newe layed egges, the whiche beynge a lytle heated by the fyer: you shall breake: and hauynge taken the whytes of them, you shall put them into the saied morter, mynglyng well all together, and so shall you dooe thys water folowynge. Take lytle rype Lemons, and take of the outwarde yelowe pylle, than cut them in small pieces wyth. xii. newe layed egges, beatynge the yelke, the whyte, and the shelles together, than adding to it twoo vnces of Turpentyne, you shal put al into a Limbeck, making to it a litle fier, wherof you shal haue about a glasful of water, with the which water you shal temper your sliered water in the morter: than kepe it in a violle close stopped, in a cole place: And so it wyll bee an excellent thynge, and it were to geue a queene. And when you wyll occupie of it, lette your face fyrst bee cleane, and than lay to the saied water, as muche as you shall by your discretyon, thynke sufficient, letting it drie of it selfe.

¶ To gyue a glosse or lustre and a colour to the sayd sylue-red water.

TAke the yelkes of. xii. egges the same day they be layde, and beate them rawe then dystyll them in a Limbeck with a litle fier, putting a little muske at the mouth of the said Limbeck, and than weate a small piece of cotton in the sayd water and so rubbe your face with it and let it drie of it selfe, and thys is a very parfyte thinge.

¶ To make an oyntment for the face.

TAke three vnces of the fatte caule of a fatte lambe, the which you shall put into freshe water, chaunging it euery day fiftie times, seuen or eyght daies together, then cut it very small, put it in an earthen panne leaded, ful of white cleare Vinagre, wͤ a dragme of Campher stamped. Boile this together by ẏ space of twoo or thre Pater noster, and after straine the grease with the foresaied thynges, thorowe a whyte lynnen clothe, than lette the grease coole, vntill it bee harde againe: and if there bee anye ordure or fylth at the bottome, you must take it away. After this take twoo vnces of the oyle of Tartare, and put it in some vessell vp on the coales, vntill it come together: and hauing set it in a moyste place by the space of a daie and a night, put to it an vnce of Borax well washed, than stampe and mixe all well together, adding to it an vnce and a halfe of Ceruse washed, and hauing put all in a newe earthen panne leaded, set it on a small fyer, styrryng it alwaies well together, vntil all the saied thinges be wel incorporated together: and after that you haue layed it vpon your face, laye on also a redde coloure made wyth the grayne whereof Scarlate is died, called in Latyne Coccum, and wyth Brasill, for it shalbe better than with Brasyll alone.

¶ To make a redde colour for the face.

TAke redde Sandall finely stamped, and streng vinagre twise distylled, than put into it as much Sandall as you wil, & let it boile faire and softly, & put to it also a litle roche Alom stamped, and you shal haue a very perfyte redde. If you wyll make it odoryferous and sauour well, put a litle Muske to it, or els Ciuet or some other odoriferous thing what you lyst.

¶ To make the face fayre.

TAke Beanes and a kind of a litle graine called in Latine Faseoli in englishe facilles and Cyche peason, & make a pouder therof, whiche you shal stepe & temper in luke warme water, w̄ the white of an egge, and the milk of an asse: & than lay it out to dry. And after stepe it in a lyttle water, wherewith you shall washe your face, and it wyl become faier, cleare, and nete.

¶ To make the face faire another waye.

TAke the fresshe blossomes of Beanes, and dystyll theym thorowe a Lymbecke, and so washe youre face with the water that shal come of them.

¶ To make the face fayre.

TAke the flowres of Rosemary, and boyle theym in white wine, than washe your face with it, and vse of it for to drinke and so shall you make youre face very faire, and also your breath swete.

¶ To take out spottes or redde pimples out of a mans face and to make the skinne very faire.

TAke a lytle roche Alome, and breake it a sonder into small pieces, than take the white of an egge newely layed euen at that instant, the whiche you shall sette to the

the fyre in a lytle panne leaded, with the roche Alome, and leaue it so vntyl you see that it beginneth to boyle, myngle it alwayes wyth a lytle stycke. And when it is waren hard, annoynt well al your face wyth it three or foure daies, and it wyl make your face fairer. A thinge founde trew by experience.

¶ To make a water that maketh the face white.

TAKE Lytarge, Syluer sublymed the value of a grote, and put it into some vessell wt stronge white Vynagre, than boyle it vntyll it bee demynyshed the heyght of two fyngers: lette it stande and rest, than straine it and kepe it. Also milke and the iuyce of Orenges mixed wyth the oyle of wyne lees is very good.

¶ Another maner to make the face fayre.

TAke the gall of a Hare, of a Cocke or Henne, and of Eeles, temper them wyth Honnye, and putte them so into a vessell of bralle well stopped, for to annoynt your face with whan you lyste, but take heede it touche not your eyes: for it would inflame them and make them looke redde, and so hurt you.

¶ To take of spottes lintelles or redde pimples out of the face.

TAke greene Lisardes quicke, and boile them in oyle vntyll the thyrde parte bee consumed. Strayne this and putte to it whyte ware, and than make thereof an oyntment, wherewith you shal often tymes annoint your face.

¶ To take of a ringe worme or tetter that renneth all ouer a mannes face, called in Frenche Lefeu volant.

TAke the roots of lapathum acutum, called Sorel as wel wylde, as of the garden, wash them well and wyndrie them, and cutte them in small pie-

ces,

tes, the whiche you shall steepe in stronge whyte vynagre, and leaue them in it two dayes & two nightes. Afterwarde rubbe the place of the sore wyth it three or foure times a day, and at night with the sayd pieces of the sozel rotes, letting them steepe alwaies after in the sayde vynagre, and you shal be cured.

¶To dryue away lise.

TAke encens, and the larde of a barrowe hogge properly called barrowes grease, boile the together in an earthe panne or potte leaded, and with this oint ment rubbe or annoynte the place where the lise be.

¶To make a water that taketh of all stayning, dying, and spottes from the handes of artificers that gette them by working, and maketh them veri white and faire: It is also good for them that be sunne burned.

TAke the iuyce of a Lemon, with a litle baye salte, and washe your handes with it and let them dryye of them selues: washe them agayne, and you shall finde all the spottes and stayninges gone. It is also very good against the scurfe or scabbes.

¶To make a water that maketh the flesshe and skinne of a man or woman very faier, and wil be kept like a precious baulme.

TAke a yonge crow euen oute of the nest, if you maye get one so: yf not, take hym as yonge as you maye: to whome (by the space of. xl. dayes) ye shall geue none other meate, but the yelkes of harde egges. Than kyll him, and flawe him, breakyng the flesshe into smal pieces: than take leaues of a mirtle tree, and lay one ranck of them, and another of the litle pieces of the crowe, in some great violl of glasse, powdered and strowed ouer with the pouder of Calchum, stamped with the oile of

swete

swete Almondes, and put in as muche of it as your discretion shal iudge, for a great quantitie wil do no hurt to it. And if there remaine yet anye pieces of the sayde crowe, make therof another ranck, adding therto some myrtle leaues, and than of the Talchum, and the sayde glasse must be large, wyde, and lowe. Finally you shal poure vpon it three or foure vnces of the oyle of Pyrethe dressed with egges, as is declared in this booke. Than set the said viol or glasse vnder the Limbeck. stopping wel the sides and ioyntes, that it take no vent, and like wise the recipient: and geue it at the beginning a smal fire for the space of foure or fiue houres, so that al these thinges may be dissolued, and as it were, breake, and corrupt amonge themselues: than make the fyre greater and greater, and at the ende very great for the space of an hour, letting it after cole. And if the fire haue ben great ynough, the water wil be yelowe, and somewhat redde, the whyche water you shal put into another like glasse, great, according to the quãtitie of the said water putting to it half a poũd of rosemary blossoms, halfe a glasseful of Aqua vitæ, setting al to distill againe w̃ the limbeck, and recipient as before: you must put in the recipiẽt, or at the beke of the limbeck; some fine little cloth wherin must be white Bengewin stamped betwene. ij papers as wel as you can. When this water shalbe distilled, it wil be very cleare & faire, which you shal kepe in a viol, wel stopped with ware, and cered cloth, to the end it take no vent, and you may neither kepe it in the sunne, nor in any hote place. This wyl be a noble and precious water, which hath not the lyke in the worlde for to make the skin faire, and to preserue it. The maner how to vse it is this. Fyrste, you must washe youre face well with cleare water distilled, and than rub wel both face, breast, and other places of youre body where you list, with a piece of scarlet weted in the sayd water and lie downe vpon your bedde, holding a lytle while, the piece of wet scarlet vpon your face, and thus maye you do euery viij. or euery xv. dayes once, or elles euery moneth, or euery two moneths. In the meane time you

may

may vse some other water, as the water of Beane blos somes, of gourdes, of melons, of onions, of white flour-delice, of the rote of the herbe called in latin Dracontium, or more comonly Serpentaria, in englishe dragons and of other like: but you must take hede that you put in it no sublime, nor Ceruse in any wise. Thus shal you haue a water of a meruelous vertue to make your skinne and flesshe fayre and naturall, and to conserue and keepe it longe yonge, gaye, freshe, and nete.

¶ A verye goodlie water to washe the face, necke, and the breast, wherof a man may make a great quantite, for the more there is of it, the better it is: It maketh the skinne and flesshe of the face faier, not hurting or destroying the teeth, and shall seme that the face is nothinge at all holpen with anye coloure, but that it is euen so by nature.

TAke twoo fatte Pigeons, twoo pounde of Veale, seedes of Spurge pilled three vnces of Pine apple kernelles, swete Almondes, bytter Almondes, the rootes of white and yelowe floure delice, Beanes broken in pieces & mondified, the gall of an Ore, the roote of dragons, the roote of Fraxinella, or comon Dictum, a litle lemon the yelow pill taken away, and cut in pieces, the cromme of a white lofe wet in milke, gomme dragant stieped in wine, gomme Armoniac stieped in Vinagre, and let there be of all these thinges a reasonable quantitie. Than put therevnto flowres or blossomes of Ligustrum, which is a tree hauing leaues like an Olive tree, but they be broder and softer, and more grene of colour which doth beare white flowers and swete, wherof is made an oyle called Oleum ciprinum. And thys tree doth growe in watrie places, as Wyllowes and salowes do and beareth a blacke fruite like vnto an elder tree, and dystyll all these with a small fyre, hauing bound or tyed a lytle lynen cloth with Muske, and whyte Bengewin at the becke of the Limbecke: than kepe the water in a glasse well stopped, for it will be very excellent to make a white and naturall skinne or flesshe, without hurting

the teeth or any other thinge.

To make a very excellent redde colour for the face, whiche is naturall, and continueth longe vpon the face makyng it alwayes gayer and fayrer.

TAke the wyte of. xxv. harde Egges, and putte a glaſſefull of the milke of greene Figges amonge them yf you can get none of it, take lytle Figges that bee not rype, and cutte them in ſmall pieces, whiche you ſhall mingle with the ſayde Egges: and than diſtill them, and the water that ſhall come thereof maketh of it ſelfe the fleſhe white: but if you will make it redde, take for euery glaſſefull of the ſaied water, two vnces of Alome Sciſsilæ or Plumæ, beaten in pouder, halfe an vnce of the graine called in Latin Coccum, wherwith ſcarlet is died, and two vnces of the graines that men vſe to die Crimſon ſilke with. Let al this be putte in a viole well ſtopped, that it take no vent, then ſet the viole in a kettle of hote water (not boyling hote) by the ſpace of eyghte dayes. This done ſtraine oute well the ſubſtannce of the ſaide coloures, and take the water ſo coloured and died: and putte to it as muche more of the ſame Alome and graines as before, and ſet it agayne altogether in hote water, by the ſpace of eyght dayes: than ſtraine oute the water, and adde to it the thyrde time ſome Alome & graines, with a litle gomme Arabick: that is to ſay for euery glaſſefull of water halfe an vnce of gomme, ſetting it againe in hote water eyghte dayes as before: and after you haue taken it oute, ſtraine it, and you ſhall haue the faireſt redde that is poſſible to wyſhe for. Than weate ſome litle peice of Scarlet or crymſon ſylke in it, and rubbe youre face therewith ſo longe vntil the fleſhe beginne to ware ſomewhat chafed, and the redde well perced thorowe. You maye alſo adde to it what odoure or ſauoure you will. And if you wil not ſet the violle in hote water, as is aforeſaied, ſet it before a litle fyre, not ſuffrynge it to ſeeth, and that for the ſpace of a daye or more: than

ſtraine

straine it, and you shall see all thynges come to passe as I haue sayde.

Another kynde of redde verye good for the face, easyer to make, and wyth lesse coste.

TAke two vnces of fisshe glewe verye cleare, and steepe it in whyte wyne, the space of fyue or syxe dayes vntill it be verye softe: than take Brasell, that is good and of a good colour well scraped or cut in smal pieces, than steepe it in welle water, so that the water be aboue it mooze than a hande breadth, and a halfe, this doone, boyle it together with a small fyze assaying euermooze the colour vpon a paper, vntil it be to your fantasie. And before you take it from the fyze, put to it for euery glasseful of the sayd colour, an vnce of rawe roche Alome beaten in ponder, and Gomme arabicke, as much as thze or foure beanes. Than take it from the fyze, and keepe it in a violle close stopped: & so shal you haue an exquisite thinge. Women of base degre are wont to seeth onely the Brassyll in wyne or water puttinge to it a litle roche Alome and Gomme, letting it boyle vntil the colour be to their mynde.

Other take redde Sandall or Saunders, the whiche thei put in wine, or at the least in Aqua vite, and not boyle it at al, but keepe it so the space of a night. Than in tourninge the water, they put mooze Sandal to it, and a litle mooze Alome, accordynge as they lyke the colour.

An excellent whyte aboue all other, whiche the Frenche men call Blanchet.

TAke brayed Talchum, and burned tinne beaten in to ponder with a wodden pestel, than washe them and mingle them together, & put them in some maner of platter or other great and large vessel, couered with such another, and so set it in a Glassemakers forneise, the space of thzee or foure dayes. And hauynge

K.ii. taken

taken it out, it wil be as white as snowe. Than bray it finelye with the water of ponge figges, or with the milke of greene fygges, or with distilled vinagre, or some other such sharpe and clammy thing.

To make heare as yelowe as golde.

TAke the ryne or the scrapinges of Rubarbe, & stepe it in whyte wine, or in cleare lye: and after you haue washed your head with it, you shal weate your heares with a sponge or some other cloth, and lette them drye by the fyre, or in the Sunne: After this weate them and drie them againe: for the oftener you doe it, the fairer thei wil be, without hurtyng your head anye thing at all.

To make lye to washe the head, whiche (beside that it comforteth the brayne, and the memorie) maketh the heare longe, fayre, and yelowe lyke golde.

TAke lye that is not to strong, but as women commonly make it to washe their heads: and make as muche of it in a kettle, as wil serue you ten washinges, putting to it this folowing. The pilles of ten Orenges, or of sweete Lemons, if you haue any, yf not take sowre ones, the pilles of Cytrons, as manye as you can get, be they greene or drie it is all one, the blossomes of Camomel. Baye leaues, a handful of the herbe called maiden heare, half a handful of Agrimoyne, twoo or three handefulles of Barley strawe chopped in pieces, halfe a dishefull of a kynde of poulse corne, called in Latine Lupinus and in Frenche Lupins, hauinge one stalke, the leafe in fyue deuisions, the cod creaueled about, hauinge in it fiue or sixe graynes, harde, broade, and redde, they be commonlye in Fraunce and in Italye, but here in Englande vneth knowen, and therefore thei haue no Englishe name: thei muste be dried, a dishefull of Fennygreeke, halfe a pounde of wyne lyes, or twoo or three dyshefulles of

Brome

Bzome blossomes, whereof it is good alwayes to haue some dzie in your house to make suche thinges withal. Put al thys that I haue named in a great vessell wyth the saied lie, leauing it alwaies so, to take thereof and occuppe when you wyll. And the lenger the sayed lye shal be compounde wyth the forsayed thinges the better it wyl be. The sayed composition wyl bee good for fyue or syxe monethes or moore: and you maye renewe it at youre pleasure. But when you wyl put it in vse. take it handsomely and cleanely vp, without touching in any wise the saied drogges put in it: and in heatinge it agayne you maye put in it a lytle Myrrhe and a lytle Synamom: and thus shall you make it verye good, as wel for the health of the heade, and eyesyghte, as for to beautifie and make the heare faire.

¶Lye to make heare blacke.

TAke commune and ordinary lye, and boyle it wyth a handeful of the leaues of Beete, three or foure handefuls of Sage leaues, eyther greene or drye, and as muche Myrrhe as you wyll, with Bays leaues, and a fewe leaues or outwarde pille of a Walnut. But when you wyl vse of those lyes that make yelowe or blacke, rubbe not youre face, or youre nethe wyth it, least they become blacke, or yelowe, although they dye not the skinne so soone as they dooe the heare. And after hauing thus washed youre heare, you muste washe your face with common lye, or cleare water, or elles with whits wine.

¶An oyle for to annoy at the heare, whiche maketh it yelowe like golde, long and glistringlyke burnished golde.

TAke a glasfull of the oyle of Sesamum, whiche is a white graine growinge in India, whereof oile is made, whiche is called Oleum Sesaminum, if you can get of it, yf not, take oyle Olyue not greene, but

verye yelowe, and cleare, wherevnto you shall putte three vnces of drye Wrome blossomes, well mundyfied, from the verdure and greenesse that is in them, and from the white that you shall finde wythin: than stampe them so Grosely, addynge therevnto an vnce of the yelowe that is in the middle of white flowre delices, and a quarter of an vnce of Curcuma, and the fyne part of an vnce of Saffron, w a litle Synamom, Bengewine, Muske, and Ciuet, if you wyll. All these thinges wil giue a good sauour, helpe the colour and comfort the head: you must put al together into one vessel of violle, wherein muste bee oyle, which you shall kepe in the Sunne al the Sommer, and so take of it at euery time, a litle for your face, and the older it wareth, the better it wil bee. Also you maye at the ende, putte the oyle againe vpon the saied drogges, into the vessel, for they wil continue still good together manye yeres: or elles you maye chaunge those substaunces, accordynge as you see neede. It shall bee also very good to anoynte with this oyle the kombe that women kembe them selues with, in the Sunne: or elles laye some linnen cloth hote vpon their head, and let it so lye, without putting any other thing to it. This is a thing very rare and excellent for a queene: for to doe thus there can not bee founde a better.

¶ A very goodly way or maner howe to make yelowe aberne heare, without standing long or nothing at al in the sunne a rare and a very excellent secrete.

TAke halfe a pounde of Antimonium, halfe a pounde of wrme leese, nine vnces of salt Peter, al these thinges being finely braied & incorporated, take an earthen pot or panne, and put it in the middle of a fire, that the fire maye be both aboue it and vnderneth it, vntyll it be redde hote: than caste in the sayde pouders, by litle and litle with a spone, tarrynge a litle space betwene euery sponefull castinge in, vntill the first be al burned

burned, and continue so castinge in one sponeful after another, vntill all be in. But this muste be dooen in a chymney, or in an open place, because there wyl ryse suche aboundaunce of smoke that it is not possible for you to endure it, than hauynge letten it coole, breake the sayde panne, and in the bottome you shall fynde as it were a maner of a thicke cake or browne lose. Than breake the sayde matter and substaunce in dyuers pieces vpon the grounde, or in some cleane place, and you shall fynde in the middle, certayne little graynes like vnto fine siluer: but they be brittle and easy to be broken. And this is it that the searchers oute of the Secretes of nature do call the kynge or chiefe of Antimonium, whiche in operation belongynge to metall seruyth for many thinges, as we will after declare. But this will not serue any thyng at al for to make heare white notwithstandinge you muste kepe it by it selfe. Than take the reste, and the blacke substaunce and yellowe, and all that you finde in the bottome, and on the sides of the sayde panne. All the which thinges (because they wyll incontinent ware moyst (you shal stampe grossely and quickelye, addinge to it for euery pounde, an vnce of Vitrioli, rubbyed or made redde, as we wyll shewe you hereafter. This doone, putte all these thynges together in lye, not to stronge, and lette it stiepe vntyl it becomme as it were a sauce, putting to it, two vnces of the oyle of yelkes of Egges, if you haue anye, if not, take Oyle Olyue. Nowe, you muste keepe this licoure thicke as it is, in some vessell, vntyll it be harde, and you shall fynde it alwaies good. When you wyll put it in effect, take common lie, and put into it two or thre vnces of rawe Roche Alome stamped, and washe youre heade with it as you are wonte to dooe. And after you haue washed it, without dryinge it any otherwise than of it selfe, annoynte all youre heare with the saied licoure heated, and beynge thus annoynted, wrappe them in a hote linnen clothe, resting your selfe a while. This doen, you shall take of the sayed annoyntynge, washynge youre heade wyth hote lye, dryinge and

dressing the Sope as you shal thinke good. And finallye washe youre heade and heare agayne wyth a lyttle warme white wyne and wrappe them wyth a hote linnen clothe, or drye them in the Sunne, or by the fyre, as you will, and laste of all you shall annoynte youre selfe with oure saied oile, or with the Oile of Jasemin, or some other odoriferous and swete Oyle, which may conserue the heares that they break not, and may geue them a lustre to make them glister and shine, vsing this maner of annoyntinge euery. xv. dayes, or euerye moneth, as you liste youre selfe. By thys meane you shall haue fayer heare and glysterynge lyke golde. But remember to vse in al thinges a discretion, and diligence at the fyrste whan you vse any receipte, as for an erample in this confection, you muste take hede that the lye be not to stronge, leaste with the saied oyntment (whiche I tell you is verye stronge) eate and consume your heare. Also you muste wel consyder the quantitye, and howe longe it muste lye on youre heade, before you washe it awaye, as is declared: and soo, according to the experience that you shall haue in the effecte, you shall vse and gouerne youre selfe in all thynges, for there is no rule so certaine, but leaueth alwayes some place for the discretion, diligence, and Judgemente of the personne that wyl folowe it, and putte it in vre or effecte.

¶An ointment to make the heares fall from any place of the body.

TAKE the whytes of three newe layed egges wel beaten, eyghte vnces of quick Lime, an vnce of orpiment, and the whole beynge beaten into pouder, let it be put amonge the whytes of the egges and adde to it after a lyttle lye, so muche that it may make it a licoure thycke lyke saulce. Than wyth a pensyl or some other thynge, annoint the place from the whyche you will haue the heares fal, and leaue the oyntmente so vpon it the space of a quarter of an houre, or a lyttle more, than washe the place with warme water, and al

the

the heare wyll fall of, or if not, you muste annoynte it againe, and hauyng stated a while, washe it as before, and the heares wyl fal of wythout doubt. Finally you must annoynt the saied place with oyle Roset, or with the oyle of Violettes, and the skinne wyl remaine very faier, and without hurt.

¶ An oile or licoure to make the heare fall of, and may be kepte as longe as a manne wyll: It is also good for all occasions.

TAke an vnce of Soda (whyche is asshes made of grasse, whereof glassemakers doo vse to make they^r Crystall) ten vnces of quycke lyme eyghte vnces of Orpimente, and make thereof a fyne pouder, whyche you shall putte in a panne, wyth as muche sweete and cleere lie as wil be aboue the pouder a hand full: than boyle it together a good houre, and after hauinge lette it stande by the space of .xviii. houres, you muste strayne it, and take thre vnces of it, and put thereto an vnce of oyle Olyue, and let it boyle together vntyl the water be consumed and banyshed away, whiche you shal knowe, castynge a droppe or two into the fyre, wyth a little sticke, and if it make no noise it is a signe there is no more water lefte. If you wyl make it odoriferous and sweete, put to it Muske, or Ciuet, & so kepe it: and whan you wil make the heares to fal of, wash first the place wel with hote water, thā annoynt it w^t the said oyle, and leaue it so a certaine space and than washe it againe with hote water, and al the heare will fall away Finallye annointe the place with oyle Roset, or violet oyle.

¶ An aduertisement or lesson for them that wyll make the heare fall of.

FIrste, you muste note that the heare wil not fall awaye, but whan the mone decreaseth, that is to say, in the quarter of the wane, & it is far better to make

them

them fal of with the oyntmente, or wyth oyle, than to plucke them out with a paire of pincers, as some gentle wemen do vse in Fraunce, because it doth violence vnto the flesh, moueth the bloud, and enlargeth the pores and also maketh the heare to growe againe greater. Therefore in al sortes it is good to annoynte by and by the place with some coolinge or refreshing oyle, as oyle roset, or of Violettes. Likewise, you must vnderstande that oftentimes the oyntment beynge mixed with Orpiment, burneth the skinne, and that commeth by the naughty or to stronge composition of it, or whan a man letteth it dure to longe vpon the place, or without syrst washinge the place wyth hote water, or whan a man annoynteth not the place by and by after the heares be fallen, as we haue sayd before.

¶ To cause that the heare shall growe no more or to make them come out thynne and fyne like the first soft heare or mosynes of the face.

A Man can scant fynd a remedy that the hear growe no more, because that many whan they wil do it, they make certaine ointmentes very colde and dry wherwith they anoint the place a good while, not doing any good at al, by reason of ỹ power of nature, whiche hath alwaies his course, & casteth out her superfluities, with the heare. Therfore they burne the skin and do but marre it, wherfore you must note that they must make theym fall of in the laste quarter of the wane of the Moone, and then incontinent annoynte the place with oyle rosat, or of Violetes: this dooen, the heare groweth againe weaker, softer, and finer: and slacketh at euery time more and more in comming forth.
But if you wyl that it neuer growe more, vse these remedies folowinge, whiche are very good, and certaine by experience. Take the litle stones of Olyues burned the outwarde coddes of beanes dried, the seede of Henbaine, Litarge of golde and siluer, the shelles of fyshes called in Latyne Telline, burned, and the iuyce of blacke

Poppy

Poppy, as much of the one as of the other, and halfe as much Opiment as of one of those thinges. Al this beyng beaten to pouder, boyle it in as muche oyle Olyne rosat, as wyl couer them fiue fingers heyght, styrringe it continually by the space of twoo or thre houres: than let it coole, and straine the sayed oyle, and so keepe it, putting to it the fourth part of the oyle of Selandyne. And when the heares bee fallen, take a little lynnen cloth, wette in the said oyle luke warme, and lay it vpon the saied place, leauing it so bounde on all a nyght. In the morning take of the lynnen cloth, and annoynt the place with oyle rosate: and at night lay the lynnen cloth on againe wetted as before: and this do. vi. or. viii. nightes, but let it be in the wane of the Moone. And yf you percepue that the heares grow againe, make them fal awaye agayne at the nexte wane of the Moone, doyng in al poyntes as before: you shall not oft doe it, but you shal make that the heares shal neuer grow more.

¶ To make a kinde of cloth or plaister to take the heare from the face, necke and handes, or from any part of the body.

TAke twoo vnces of Turpentyne, halfe an vnce of white ware broken small, or somewhat moore or lesse, accordynge as neede shall require, Bengewyne, Storax Calamita, at youre discretion. Fyrste melte the ware a lyttle, with a lyttle fier, and than the Bengewyne and Storax: after this, put in the Turpentyne addinge to it a lyttle Ceruse well brayed, and setting it to the fyre, putte in to it a lyttle Vastycke, and make thereof a mixyon neyther to thicke nor to cleare or thinne, Than take a piece of lynnen clothe of what bignesse you wyl and lay it abrode vpon a table, spreading after warde the saied composition vpon it with a spone, or some other thinge, as it were in maner of a plaister, than let it coole, and keepe it so the one vppon the other open, without foldinge vp the lynnen clothe, for when the saied mixion is colde, it is harde. If you wil put it in vre and occupie, doe as followeth.

At

At night when you goo to bedde, washe your face and neeke with luke warme water, rubbynge it well with a linnen cloth, or with your hand: and when it is drye or when you haue wyped it, take a peece of the saied plaister, or eyzed clothe, and heate it by the fyze, vntyll the sayed myrtion bee liquide and softe, then immediatly binde it vpon youre face, or vppon the place, from whence you wouldo haue the heare to falle, and pzesse it harde on, leauinge it so all night. In the mozninge go to youre lokinge glasse, and pluckynge of one ende of the saied lynnen clothe, you shall plucke awaye with it all the heare of your face, and so shal you leaue a very faire skinne. And if in case there remain yet any of the saied mirtion vpon the flesshe, washe it with hote water, and wyth wheate braine, rubbynge it so longe with some piece of lynnen cloth, tyl you make it fal of, than washe your face with Aqua vite, or whyte wine, or with some other distilled water, being not to strong, but let it be of Melons, or gourdes, or of such other like and vse after warde waters meete for the face, as you lyst, and thus shall you kepe and maintayne youre face as cleare as glasse.

¶ A meruelous secrete, whiche the greate lordes of the Moores doe vse, whereby they make that their children haue no heare vnder their armes, or other place where they wyll. And this secrete found I in Syria, the yeare 1521. by the meanes of a lord of the countrey, whose doughter I healed.

As soone as the child is borne, they make ready by and by a peece of fyne golde, or a Ducat, or els a tyrige, or some like thynge, and kepe it in the fyre vntil it be reade hote, not meltyng it, than they carry it with a payer of tonges & laye it vpon the place, where they wil no heare shal grow, and immediatly annointe it with oyle Rosat, or the oyle of Violettes: than after xviii. houres they do the like again, and by this meanes there groweth neuer heare in that place.

I haue often times made the heare fal from yong gentil womens browes and foreheades with this medecine and thei haue found it wonderful: but the golde muste be very fine, which suffereth no token marke or skarre to remaine wher the burning was, as other metals do. I haue kept this secret hidden a long time, & although that diuers times men wouldc haue geuen me greate giftes, yet would I not publishe it abroad, vntil nowe that I haue done it, in this present booke.

To make a kynde of cloth called cloth of Leuant wherewith women vse to colour theyr faces.

TAke the shearyng of skarlate, and boyle it in water, where quicke lyme hath been boyled: and after you haue boyled it a good space, you shall straine it, and take a potfull of it, and putte into it two vnces of Brasell, cutte in lytle peeces, addyng to it an vnce of Roche Allome, and as muche of Verdigreese, and a quarter of an vnce of gumme Arabecke: And after you haue well boyled it the space of halfe an houre, take a peece of olde linnen clothe, of what bygnesse you wyll, and weete it in this decoction or redde colour, than couer the panne, and let the saied mixtion coole by the space of a day, and after you haue taken it out, drye it in the shadowe and keepe it in some vessel, among odoriferous and soote thynges, for to helpe you.

The same another waye.

TAke a glassefull of Aqua vite, a quarter of an vnce of the grayne that I spake of before called coccum, halfe an vnce of Brasyll, halfe an vnce of gomme Armoniacke, putte all these thynges together, in the glasse where the Aqua vite is, than stoppe it close, for feare it take vente, and the saide Glasse muste bee full. After thys sette it vpon a small fyre, makynge it seeth fayre and softly, or elles sette it in the Sunne by the

the space of twoo or three daies. This doen, strayne it, and put in it pieces of olde lynnen cloutes, as we haue saied before. If you thinke, in straynynge this water, that the coloure is not redde, to your minde, you maye put in moore of the saied grayne and brasel.

¶ To dye a white bearde or heare of the heade into a fayre blacke.

TAke good galles of Leuant, or suche lyke, and frye them in oyle, but let them not burne: than stampe them, and sifte them once or twise. Take also Ferretum or Spanishe blacke, whiche the Frenchmen call Atrament d' Espaigne, the whyche lykewise you shal stampe and beate well to poulder. Than take a panne full of lye, and put into it the pylles or rynes of Pomegranades, Walnut pilles, Pineapples, Myrre-Sage leaues, as muche as you wyll. Let al thys boyle together, vntyl it bee broughte vnto the thyrde parte. You muste haue in it also two partes of galle, and one of Ferretum, temperynge and incorporatynge al wel together vntyl the blacke colour content you wherewyth you may die youre bearde, and heare, in thys maner. Washe youre bearde wyth lye not to stronge, least it hurte you: and whiles your head or beard is yet hote, annoynt it wyth the saied confection: but it must bee luke warme, to the entent it maye penetrate and perce the better, and so leaue it a certayne space. Than washe youre heade or bearde fyrste wyth lye, and than wyth hote water, and you shall haue youre heade and bearde fayre and blacke. Thys hurteth not, nor smarteth any thynge at all, neyther bryngeth anye inconuenyence to the heade.

¶ A noble and excellent poulder to make cleane the teeth, to make them fast and white, and to conserue the gommes. A better thynge can not be founde, and it were to geue or present to a Quene Princesse.

Take

TAke Lacca of graine, if you can get it, if not, take of the graine it selfe that is verye good. x. partes, seuen partes of barley cakes or breade, so burned that they be brought to coales, Lignum aloe two partes fyne pommeyse stone scoured and made cleane in embers, and steped or tempered in whyte wyne, or in Vinaigre eyght partes, dragons blood three partes, rothe Alome burned foure partes, honnye burned in a panne until it be first blacke, and than yelowe, three partes (and this may you do of the lees of honny, that remaineth whan it is distilled, puttinge it in a panne, and setting it in a glassemakers fournesse the space of a day or two) coles of the wood of rosemarye, three partes fyne Synamom two partes, Benge wine one part, Bole Armenick oriental, nine partes, white wine lees two partes, Aleblaster one part, smal pearles one part the scraping of quoyne two partes, little Quinces not rype, of the byggenesse of a Walnut, or a litle more, sixe partes. Nowe the best be those that be not come to perfection vpon the tree, the whiche you musse burne in the fyre euen vnto coales, Mastick eyght parts. Let all these thinges be well stamped, and passed through a fine sarce, addinge thereto a lytle Muske, and some Golde or Siluer foyle. This doone, you shall keepe the saide pouder in some bore well stopped, and so shall you haue a precious thing. And whan you wyll occupie of it, washe your mouthe wel first with cleane water or wine, than rubbe your teeth with your fingar, or some linnen clothe: taking of the saide pouder vpon it, and after washe your mouth well. Thus oft doyng, you shal alwayes haue your teeth very whyte, faste in your head, strong and not hollowe.

Lacca de graine, is a certaine confection or mixion, made of graine, and are lytle rounde red balles, Lacca is a Turkish word and not vsed among vs, but amongs the Italians.

To make a verye excellent conserue to scoure the teeth, to comforte the gummes, and to make a sweete and good breath.

BECAUSE the vse of the Pouder to shoure teeth, seemeth lesse commodious, than some lycoure or conserue, whyche agreeth better wyth the

the mouthe, therefore we wyll wryte here a verye excellent one, which hath not his lyke in ẏ world, & must be made as foloweth: take one part of syrop roset, two partes of the syroppe of Myrtel, or of the wood called Lentiscus, oute of the which commeth a gomme called Mastix, put this together in a cleane panne, than put to it of the saide pouder for the teeth, whereof we haue spoken in the chapter before, so that al may be brought into softe paste or dowe, than set the litle pan vpon a chafingdishe wherein muste be some hote ashes, wyth a few embers, or elles at the least set it farre from the fyre: and make it boyle faire and softly, styrring it alwayes vntil it be as thicke as honny or thicker: than take it frõ the fier, & put to it some goldfoile and musk what quantitie you wil. And so shal you haue a singuler thing for to do this that I haue spoken of.

An aduertisement or lesson concernynge the makynge of pouders, and conserues for the teeth.

IF you wil make the said things as excellent as is possible, you must take of the said things as much as you may get: or if you cannot haue them al, take at ẏ lest the most excellent, as graine, Pearles, Coral, yelowe Amber, Lignum Aloes, Boale armenick, also the coales of Barley cakes or Loaues whan thei are burned, and al the other thinges be very good in it. And if you would geue it to some great prince or Lord, which had rather haue it of a good colour, or wold knowe the thinges in it, you maye make it as is saide of fewe thinges, with goldfoile and Musk. And he that wil make it with lesse cost and a greater quantitie, may (w̃ the thinges mentioned in the chapter with the pouder) adde pouder of bricks, pouder of Marble, Creuise or lopsters shelles of the sea or riuer burned, & a litle white salt, the lees that remaineth in ẏ bottom when men make strong water called Aqua fortis, is also verye good, either by it selfe, or mingled with some other thinge, & so shall you haue a great

great dele of substaunce with smale cost. And if a man wil make a conserue of litle charge, and without much labour, he must take rawe honny, or honny roset, and mingle it with the said pouders, and so rubbe his teeth therewith, with his finger, or with a linnen cloth, and washe his mouth wel after it. Doing this euery eyght dayes he shal make his teeth verye fayre and whyte. A thing very good, and mete for euery man.

An excedynge whyte and good pouder to scoure the teeth, whyche is meeter for lordes and great men, than anye of the other before.

Furst here is to be noted a goodly and notable secret of great vertue for to scoure and make whyte teeth, whych is ỳ pommeise stone alone, so that it be of that fine and whyte stone, whiche Shoemakers doe vse to whiten whyte leather shoes, and wel beaten in pouder: For in rubbinge your teeth with the same pouder, it scoureth and maketh them cleane, and taketh away all the roughnesse of them, as men see by experience, that the pommeise stone is vsed to polishe bones, marble, and other like thinges. I haue sene of my frendes, men of greate iudgement and knowledge, whyche gaue nothinge vnto greate men and Lordes, but the said pouder, whan it is wel beaten into pouder, a man can not tel what it is: also you maye geue it a lytle sauour, laying it amonge bagges of Muske and Amber, of whome it taketh an odour, and I haue seene men of estimation that helde it for a thynge of greate importaunce, whan they saw the vertue and operation of it. Nowe if you wil make a whyte pouder, more noble and more profitable for the teeth and gommes, take smal pearles stamped a litle, or elles whole, and putte them in a dishe, or in a wide glasse: than take the iuice of lemmons or orenges strained through a linen cloth, at the leaste sixe or seuen times, and poure it vpon the saied Pearles, vntil it couer them ouer three or foure fingers high, and you shal see that in short space it wil

beginne to boyl, and than couer it with some paper, or linnen cloth, leauinge it so three or foure dayes, and at the ende you shall finde the sayed pearles dissolued and molten in the sayde iuyce, and tourned into a paste as whyte as snowe, marye there wyl bee a lyttle yellowe skinne vppon it, engendred of the sayed Iuyce. This doen, take cleere wel water, or the water of Lentiscus distilled, and poure it vpon the sayed paste, three or foure fingers heighte aboue. Than take a little forke, or the steale of a syluer spone, or some thinne sticke, and styrre the paste well aboute in the sayed water, lettinge it so stande, and finallye caste oute the water, and yf you see yet anye of the yellowe, remayne vpon the saied paste, washe it againe, as before, and couer it with a paper, letting it so drye of it selfe, in the sunne. After this you shall take three partes of the saied paste, or whyte pouder, foure partes of white Pommeise stone, as is afore sayed, two partes of white Bengewine, one parte of Roche Alome wel burned, one parte of white Corall, halfe a parte of white yuorye, halfe a parte of Alebaster very white. Breake and braise all these well vpon a table of marble, or in a syluer cuppe, puttynge to it some siluer foile, and thus shall you haue a very whyte and excellent substaunce or matter to make your teeth as white as snowe. And if you wil, you maye put it to keepe in a conserue, with the syrope of Ceder, or honny Roset, or otherwise as you wil. Also, if you will make the saied pouder berye redde, dresse it onelye with the Lacca of graine, and a little redde Corall. Nowe, because that in stamping, it will ware somewhat white, put to it a litle Boale Armonicke, with a little of the iuice of Dragons bloude, and also golde foile. You maye geue to all these saied pouders what odoure and sauour you wil, but vnto the white pouder you may put no Muske nor Amber, nor any other suche drogges, for it would take awaie the whitenesse, but you maye putte it well ynoughe in a lyttle bagge amonge muske, or other odours.

A

A distilled water, excellent for to make the teeth whyte immediatlye, and to preserue them wonderfullye.

TAke a pounde of the first water distilled of honny, the which is white: than put it in a violle with an vnce of common whyte salte, halfe a pounde of rawe roche Alome, an vnce of Salnitrum halfe a pounde of the water of the leaues of Lentiscus, two vnces of Masticke, the heyghte of two fyngers of Vinaigre in a Glasse, and as muche whyte wyne.
Distil al these things wᵗ a smal fier, that they smel not of the smoke, nor any burninge, continuyng your distillation in suche sorte, that you be at the least foure and twentie houres in distilling the whole, or ells you maye make it distill in Balneo marie, whiche is the surest of all. Nowe you muste continue your distillation so long vntil there be a moiste substaunce to come forth, and into the water that distilleth out, you shal put a litle pouder of fyne Synamom, a litle Lignum aloes, and Boale Armonicke, for to giue it a redde colour, which many men lyke well: also for to geue it a strength and odour, you shal putte in rawe Honnye makynge it dissolue in the heate of the Sunne, for it is a thynge good for the Gummes, and geueth a good sauoure vnto the water. Keepe thys well as an excellent thynge, and it were for a Queene.
And whan you wyll occupye of it, washe well youre mouth fyrste, and wype your teeth wyth a lytle piece of whyte lynnen clothe, and than pyke them wyth a toothe piker made of the wodde Lentiscus or some other thinge wette in the sayde water, or with a lytle clothe, rubbe them a litle, and incontinent you shall perceyue and feele it fasten and bynde your Gummes, and comforte your teeth making them faire and white. And he that loueth better the whyte then the red, let him put no Synamom, Boale armonicke, nor Lignum aloes into it, after it is distilled, but let hym put it in to distill with the other thinges, putting of eche of them

as much as there is of Mastick, and it shalbe euen as excellent and as whyte as otherwise.

Three aduertismentes or lessons of importaunce to keepe the teeth whyte and vncorrupt, and also a sweete breath.

THe firste is he that vseth not to washe wel hys mouthe euer when he hath eaten his meales shall haue alwayes yelow teeth and a stincking breath. The seconde is he that sleepeth with his mouth close, hath lykewise an euill breath and foule teeth. The third is that for to maintaine and keepe the teeth faire and whyte and a sweete breathe, when a man is layed in his bedde, and when he waketh in the morynge, it is good to purge wel the breaste and throte, spitting out al that is gathered together that nyghte: which also is good for the stomacke and heade. And hauing your teeth and breath warme take a linnen cloth or the corner of the sheete, and rubbe your teeth wel within and without, to take away the fumositie of the meate and the yelowneste of the teeth gathered together in the nighte: for it is that, that maketh youre teeth yelow, and gommes redde, and corrupteth youre breath. This is a very necessarye thing to be knowen, and ought wel to be obserued: It is also good to eate euery morning some graines of Mastick.

A decoction to washe and scoure the mouthe, to fasten lose teeth, to consolidate and make sounde the gommes, and to make the flesshe growe agayne, yf it were decayed or fallen awaye.

TAke halfe a glassefull of Vinaigre, and as muche water of Lentiscus, of Rosemarye, Myrrhe, Mastick, Boale Armenicke, the moisture that distilleth oute of Dragons bloode, Roche Alome burned, of eche of them an vnce, fine Sinamom halfe an vnce,

well

wel, riuer, or fountaine water, three glaſſefulles: mingle all wel together, and let it boyle with a ſmall fyre, addinge to it halfe a pounde of honny, takinge awaye the ſcumme of it, than put in a little Sengewine. And whan it hath boyled a quarter of an houre, take it from the fyre, and keepe it in a cleane boyle, and waſhe your teeth often times withal, as wel before, as after meat: and holdinge it a while in your mouth, it is very good for the heade, and maketh a ſweete breath. A thinge of great excellencie.

The ende of the fourth booke.

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE FIFTE BOOKE.

¶ To make perfyte Asure, suche as commethe from beyond the seas.

TAKE fyfte a pounde of Lapis lasuli, spotted like Marble, and somewhat of the colour of Asure, with some veynes of Gold or greene, of the whiche you shall make this proofe folowyng. Take a lytle piece of it, and put it vpon hote coles, blowing it with a payre of bellowes, the space of an houre, than let it coole agayne and touche it with your hande, if it breake, and vndoe lyke earth, it is nothing worth, but if it abyde fyrme and harde together, and keepe his colour of Asure, it is good. Than take a poũd of the same and breake it into small pieces, whiche you shal melte in the fyre the space of a good houre, blowinge it continually. Thys dooen, take good Vyneygre dystylled in some kynde of vessel, wherein you shal quenche the sayed pyeces, and let them drye: than take water made as followeth.

Take a panne leaded, and putte in it a quarte of cleare water, and a lyttle rawe whyte honnye. Boyle it, and skymme it wel, vntyll there be no more skumme, and so let it coole. Than take of Dragons bloude wel stamped, the quantitie of a Walnutte, and wette it lyttle and little with the sayed water, and it beynge wel dipt, straynе it thorowe a linnen cloth, into some vessel leaded. And you muste note, that the water may not be to redde, nor to cleare, but betwene bothe, that is to saye, betwene cleare and redde, to the ende that the Asure may

may take a Violette coloure. After this, braye well the sayde Lapis lasuli, so molten and burned, wyth the sayed water (as vermilleon is commonly brayed) by the space of an houre or more: than assemble it together in a glasse or some other vessell leaded, ample and large, dryng it in the shadowe, and not in the Sunne: for it would lose his colour. And whan it is drye, beate it well to pouder, and kepe it in some cleane lynen cloth wel bound: than make this past folowinge. Take two vnces of the rosin or gomme of a white pine tree, two vnces of Pix-græca, two vnces of Mastick, two vnces of ỹ oyle of line, two vnces of Turpentine, two vnces of newe Ware: stampe well that must be stamped, and cutte the Ware into small pieces, than put all in a newe panne, and boyle it till it come to his perfection, whiche maye be knowen, by taking a droppe of it into cold water, and if in taking it with your wette hande, it cleaue not to your hande, it is parfecte: and therfore you shal straine it thorowe some cleane cloth, into a vessell full of colde water, but this must you do while it is yet hote, for if it be cold, it will not straine, and leaue it so long in the water, vntyll it be harde, than take it and set it to drye. Nowe, whan you will incorporate it with the pouder, do thus: Cut the sayde confection in smal pieces, which you shall put into some kettle tinned within, and set it so on the fyre, and whan it beginneth to bubble vp, put to it an vnce of the oyle of bytter Almondes, lettyng it so boyl the space of two Miserere, and in the meane tyme make ready youre pouder of Lapis lasuli, in a vessel, wyth some little stycke made for the purpose: than take the kettle, and poure it by lyttle and lyttle, into the vessell vpon the sayed poulder, not ceassinge to sturre it alwayes with the lyttle sticke, vntill it be all well incorporated with the sayde pouder of Lapis lasuli. Thys doen, let it cole, than annoynte your handes with oile Olive and take the sayd substaunce, and tosse it vp and downe with youre handes, to thende to incorporate it well together. And after you haue broughte it to the fourme and fashion of breade or paste, put it in a vessell leaded,

and keepe it so the space of tenne dayes at the leaste. And whan you will take out of it the Asure, make fyrst cleare lye, with the asshes of vynes, of the whiche you shall set a kettle full to the fyre, seethinge it as hote as you may endure your hande in it: than after, putte the saied confection or paste in a vessell leaded, and adde to it as much of the saied lie as you shal thinke good. Than styrre the saied substaunce fayre and softlye, vntyll you see the Asure come out, and whan you see it issued out, powre the saied lie with the Asure into a vessell leaded, of the which vesselles you must haue a good number, than put to it againe of the other hote lie, doinge as before, puttinge it afterward againe into another vessell, and do thus vntil there be no more Asure. And here you muste note, that of a pounde of Lapis lasuli if it be fine there is lotte but an vnce, and is had oute of it in the whole, eleuen vnces, that is to say: fiue vnces of good and fine, three vnces of a meane sorte, and three vnces of courser. The fine is worth at the leaste twoo crownes and a halfe the vnce, the meanes, a crowne an vnce, and the other halfe a crowne. Nowe, after you haue gotten out all the Asure, loke well which is lyke the one the other, for to put eche of them by them selues into three partes, as we haue saied. Than washe it wel with fayre and cleare lye, pouringe it out of one vessell into another, vntil it be come to a good colour, and purified from all ordure and fylth. And whan you thinke it is cleane inough, drie it in the shadowe, in a chaumber, and whan it is drie, take a glasfull of fine Aqua vite, and stepe in it a little good brasil, & than trimme and dresse your Asure with the same Aqua vite, and let it drie, continuinge so the space of three dayes, vntil the Asure be participant, and haue taken parte of suche lycoure, and than it shall be of an excellent fine coloure. Keepe eche sort by it selfe in bagges of leather well sowed and bonde.

¶ To make a fine confection of graine, called Lacca of graine.

Take

TAKE a pounde of the shearing of scarlette, and put it in a newe panne full of lye that is not to stronge, and boyle it vntyl the lye take the colour of it. Thys dooen, take a bagge, large and wyde aboue, and narrowe pointed beneth, whereinto you shall powre the sayed shearing of scarlette, and the lye, setting a vessell vnderneth, than wringe and presse the bagge harde, that all the substaunce, and al the colour may straine and dreane out, after that washe the shearing and the bagge, in the vessel where the colour is. And if you thinke that the shearinge, hath yet more colour in it, boile it againe with other lie, ordring it as before. This done, you shall heate the sayed coloured lie vpon the fyre but let it not boile, and you must haue ready vpon the fyre some cleane pan, with cleane water, into the whiche beinge hote, you shall put. v. vnces of Roche Alome, beaten to pouder. And as sone as you see it dyssolue, take a bagge, lyke vnto the fyrst, and whan the coloure is hote, take it from the fyre, and put into it Alome, and caste all so together into the bagge, settynge vnder it some vessel leaded, and loke yf vnderneth the coloure come out redde, than take hote water and poure it into the bagge, with al the reste that was strained out of it, into the saied vessel vnder the bagge, and poure that so often, whiche shall straine and renne out vnderneth, vntill the licour that shal issue oute, be no more redde, but cleere as lye: hauinge thus strained all the water, the coloure will remaine in the bagge, whiche you shal vndoe and seuer a sonder with a sclyse of wood, putting it downe to the bottome of the bagge and bringe it al into a masse, or lumpe, or into little tablettes, or into what fourme you will, and than drie it vpon a newe cleane pauinge tyle, in the shadow within your house, or elles abroad where no sunne shineth. And so shal you haue an excellent thing of it.

¶ To dye bones in a greene colour.

TAKE a panne full of cleare water, and put into it a good greate pyece of quycke Lyme, leauinge it

it so the space of a day. The nexte day morning mingle it wel together with a sticke, and so let it rest: at none fyre it againe, and likewise at night. The nexte morninge folowinge, you shall straine it cleane oute and kepe it, in the meane time haue the bones that you wil die in a readinesse, and boile them well in other common water, wherein Roche Alome hath ben dissolued, and whan it hath boyled a good space, you shall take them out, and let them dry, than scrape them wel with a knife, and put them into the sayde Lime water, and addinge to it some Verdegrise, you shall let them seeth well, and than take them out. And after you haue wyped and dried them, do with them what ye wil, for they will be very fayre: And in stede of the saied lyme water you may vse pisse, whiche wyl be of the like operation.

¶ Another maner howe to die bones, or Iuorye, into the colour of an Emeraude.

TAKE Aqua fortis separatiua, and put therin to fret and dissolue, as muche copper or brasse, as the water is able w̄ her force to dissolue and leuse: this doone, put in what peece of woorke you wyll, beynge fyrste cutte in the fourme that you will haue it, as hoftes for knyues, penknyues, pynckhornes, images, or any other thinge to your fantasie, leaue them in it the space of a night, and they shal be of the coloure of an Emeraude. Nowe, if in steede of copper or brasse, you dyde put in Syluer, it woulde be the better.

¶ To die bones redde, blewe, or of any colour you wyll.

FYrste boyle youre bones in Alome water, than take quycke Lyme water, or Pysse, and in thys water or Pysse, you shall put Brasyll, Azur, or an herbe called Rubya, whiche the Apotycaryes call Rubra maior, and Rubra tinctorum, or Rubea

Rubea tinctorum, in Englyshe Madder wherewyth they coloure wolle or skynnes, or what other colour you wyl, and than seeth your bones or fleshe therein, and they wyl take such colour as you put in.

¶ A verye goodlie secrete to dye or colour woode, of what colour a man will, which some Ioyners do vse that make tables and other thinges of diuers colours. and do esteme it amonge them selues to be of such excellencie, that one brother will not teache it another.

TAke early in the morninge, newe and freshe horse donge, made that night, and take of the moyste ye can gette, with the strawe or lytter and al, and lay it vpon some lyttle stickes layde a crosse one ouerthwart another, and set some vessell vnderneth, for to receaue that shall droppe or fall from the saide donge. And yf you can not haue inough in one morninge, doo the like two or three times, or as ofte as you wyl: than whan you haue wel dreaned out the water of this donge you shall put into curry pot of the sayed water, the bignesse of a beane of Roche Alome, and as much gomme Arabick. Than steipe what colour you will in it, vsing diuers vessels, if you will haue diuers colours, and put in what pieces of wood you will, holdinge them at the fyre, or in the Sunne: and at ethe time plucke out some pieces and laye them apart, leauinge the other in, for the lenger ye let them lie in the water, the more wyll the colour alter. And in this manner you shall haue a greate quantitie of diuers colours, the one clearer, the other darker, and maye vse it to youre commoditie, to what vse you list, for they shal be coloured both within and without, so that they wil neuer lose they colour, neither by water or any other thinge.

¶ To counterfeyte the blacke woode called Hebenus, or Hebenum, and to make it as fayre as the naturall Hebene, which groweth no where but in India.

Al

Sola India fert Hebenum,

ALl kynde of woode that is lyke vnto this Hebene, may be dyed blacke: but the hardeſt and the maſſiueſt (as bore and other like) are meeteſt for it, and wyl be brighter, and aboue al, the woode of a mulberye tree, as wel the white as the blacke, is the beſte to be coulloured, albeit the blacke be muche more for the purpoſe. Take than the ſaied wood, and let it lye the ſpace of three dayes in Alome water, either in the Sunne, or a prety waye off from the fyre, vntill the water ware ſomewhat warme: than take oyle Oliue, or Oyle of lyne ſeede, and put it in a little panne, wherein is the bygneſſe of a nutte, of Romaine Vitriole, and as much Brymſtone. This doen, ſeeth your woode in the ſayde Oile a certaine ſpace, and ſo ſhal you haue a thinge very darke of colour. And the lenger you let it boyle, the blacker it will ware, but to much boylinge burneth it, and maketh it brytle, therfore both in thone and other you muſt be circumſpecte, and vſe diſcretion.

¶ To die ſkinnes blewe, or of the colour of Aſure.

HAuinge fyrſte wel waſhed the ſkinne, and than wronge him, take the berries of walwort, and elder berries, and ſeeth them in water, wherein Roche Alome was diſſolued, paſſe him once thorowe this water, and let him drie, than paſſe him again thorow the ſame water, and beinge wiped and dried again waſhe him with cleare water, than ſcrape out that water with the backe of a knife, and once again paſſe it ouer with the ſame colour, and let it dry, ſo ſhal it be of a very blew or Aſur colour.

¶ To die ſkinnes in madder, called in latin Rubramaiore, or Rubra tinctorum, into a redde colour.

HAUINGE anoynted, waſhed, wronge, and layde abroade the ſkinne, as is aforeſayed, wete it with water that whyte wyne lees and

and Baye salt hath ben boiled in, and than wring him. Take than creuyses or crabbe shelles (be they of the sea or of the riuer) burned into ashes, the whiche you shall temper with the sayde water of the lees and salt, and rubbe well the skinne therewith, than washe him well with cleere water, and wringe hym.

This done, take the redde colour tempered in water of lees, and rubbe the skinne well ouer and ouer with it, and than with the foresayde ashes, washing, and wringe it three times. Finallye, after you haue washed him, and wronge him, if you thinke it be not well ynoughe, you shall geue him one dyenge wyth Brasyll. The paste or masse of Rubra tinctorum, must be made with water that lees or tartre hath bene boyled in, and the sayed water must be luke warme, whan you make the paste of the redde colour, than leaue it so the space of a night. After this, put vpon the sayd Rubra tinctorum, a lytle Alome, dragges or lees, or Alome Catinum, steped in water. You maye also adde to it the colour of the shearing of scarlet, which hath bene taken oute boyling in lye, which is a goodly secrete.

¶ To die skinnes Greene.

ANoint the skinne, & washe him wel w̄ cold water and than in hote water, and so wipe and dry him.

This doen, take of the graines wherw̄ men make ꝑ sappe greene (ꝑ decoction wherof shalbe put in thende of this boke, with them of al other necessary thinges) & the sayde graynes or berries must be verye rype, than put them in cleare water, couered a fingar heigth, put therein also Roche Alome, and geue them onely one wawme on the fyre. This doen, straine them out into some vessell, than take the skinne, and folde him in the middle, rubbinge him wel on both sydes, with the said sodden graines, or berries, whiche remaine in the pan, and after with rawe Alome pouder. This doen take the ashes of thepes donge burned, and wete it with the

Sap greene is made with the berries of a Dogge berrey tree.

saied

sayed coloure that you strained into the sayde vessell, and rubbe the skinne wel on euery side, than cleare him againe of the said graines, and washe him with cleare water, and set him to drie without wrynge him. Finally cast on him two glassefulles of the sayde colour, and it shal be a perfect greene.

Another waye to dye skynnes greene.

LEt the skinne be annoynted, wel washed, wronge and stretched out as before, than take of the same graines and berries ye tooke before, whiche you shall stampe and seeth in Roche Alome water, and geue the skinne twoo wipes ouer with this colour, and so let it drie. After this you shal giue him one dyng or colouringe of yelowe, made with the graines or berries of Nerprum, sodden in water and Alome, and a lytle Saffron, and you shal haue an excellent greene.

To dye the sayde skynnes greene another waye.

TAKE the skinne beinge annoynted, washed, and spredde abroade, dye and colour him with the coloure made of Sappe greene, and put to it a fewe asshes wette in water, and so rubbe the skinne all aboute. And whan you haue washed and wyped hym againe, geue him one wipe ouer with an Indian colour sodden in Roche Alome. And whan it is drie, laye on it of the foresaide yelowe, and you shal haue a fayre and liuely greene.

Another waye to dye skynnes of asure coloure, and fayre.

TAke the skinnes of blacke Grapes, and rubbe wel your leather withall, vntil it ware somewhat blewe, and also rubbe it wel with the Pouder of Indicum, than washe it drie it and polishe it. Than steepe the Indicum in thicke redde wyne: and whan the skinne

skinne is washed annoynt him with it, and you shall haue a faire skinne asured Wlewe.

To dye Skynnes redde.

WAshe wel your skinnes and laye them in Galle, leauing them so the space of two houres, and than wringe them and giue them one wype ouer with the colour of Ligustrum sodde in water and alumen fecis. Than put to them some Spanishe greene at your discretion. This done geue them two dipynges or colours of or with Brasel sodden or boyled in Lye. And note that if you wil die Nettes leather or Spanishe skinnes you must boyle the Ligustrum in sweete and cleare Lye.

Another maner to dye Skynnes greene.

YE shal take rype elder berries, and the berries and walwort, and of Sappe greene, and this wel stamped, you shall put to it Roche Alome, as muche as you shal thinke good, but rather to much than to lytle: than take the Lye, and putte into it the saide berries of Sappe greene, and seeth them one waulme. This done put in the berries of the walwort, or elder, and make them seeth also one waulme, than take them from the fire and let them coole, and after rubbe the skinnes with them. Finally you shal cast vpon them, the asshes of sheepes dounge, rubbing them wel wyth it. After this geue them the coloured water that the saied graines or berries were sodden in, than take of the water with a Curriers knife, and lette them drye. And if you neede to geue them more colour, than you maye putte in moore indicum boyled, and it wyll be the better.

To dye Nettes leather into a greene colour, as well in galle as in leaues.

POlishe well the leather with a pommeyse stone, annoynte it well with oyle, and washe it: than take an vnce

vnce or two of Galles stamped, and put it in hote water, leauing it so an houre, than straine it thorow a linen clothe, and putte the leather into the same water, rubbynge it wel wyth your handes and leaue it so the space of an houre: and hauinge taken it out wrynge it and stretch it a broad & tight it. Than take the graines or berries of Nerprum, gathered in July, whan they be yet greene: drie them and stampe them well, addinge therto for euery skinne, two vnces of Roch Alom beaten in pouder and mingled with the pouder of the said berries or graines. Than powre vpon the saide pouder boyling water, and let it coole, this doen, powre of the said water with the said graines vpon the skinne, rubbinge it wel ouer with the palme of your hande, than stiep the asshes of goates dunge in the water of the said graines, and with the same water rubbe likewise the skinne wel with your hand, after this washe him, and scrape out the water with a tanners paring knife, than tight him out, and take other ripe graines of say greene and set them to seeth, hole, in water with roch Alome, and afterward let them coole. Than take of the sayd sodden berries or graines, and rub the skin with them with your handes, and put of the asshes vpon it, which you shal stiep in the same greene water, that the sayde berries were sodden in. Finallye you shall washe the skin, and take out the water with a scraping knife, then you shal giue it a course ouer of the saide greene water with a brushe or cloute meete for such a purpose: than lay him to drie and trim him, and you shal haue a faire greene. If you will haue the coloure darker, or sadder, whan you set the said graines to seeth with the Alom, you shall put to it a litle Idicum well brayed. And you must note, that the water must be hote when you stiepe the ashes in it, & the water of the graines of Nerprum.

To dye skynnes greene wyth the flowers of Ireos.

Take

Take the freshe flowres of Raphanitis, or Ireos, and stampe them wel, than take the drie graines or berries of Nerprum, and with them stampe roch Alom, a reasonable quantitie, wherof a great deale can do no hurte: put to it a litle raine water, and mingle al this with the foresaid flowres stamped. Kepe this colour in some clene vessel, and than take the skinnes, being annointed, and washed as is aforesaid, and put to them the graines of sap grene with the pouder, in the same maner that we haue spoken of the other: wash them, and scrape of the water with a knife, and so let them drye, and giue them one wipe ouer finely with the saide colour ẏ you kept, let them drie againe, then dresse them according to the science, and you shal haue a fair lether.

Ireos a kinde of floure de luce called in latin Raphanitis.

To die bones in a turkyshe or redde colour.

All kinde of bones may well be died and coloured, but Hartes horne is farre better then anye other. Take than what bone you wil, and shape him into what forme you please, & polish him, & then boile him in Roche Alome water a good while, letting him afterward drie, than take good greene, & steep it in ẏ whey of goates milke, & put it in some copper or brasen vessel wel couered, & hide it vnder a dongehil the space of. xb. or. xx. dayes, & then shal you finde it verye fayre. You may make the like also with the vrine of a man in stede of the goates whey. And for to make it red, put in cynabrum, or Brasyll, in stede of greene: but than you must put it in some vessel of wodde or glasse, and not of copper nor brasse.

To dye hogges brystelles, and other thynges, for to make rubbers and brushes.

First washe wel the brystels, than take water where in Roch Alome hath ben boyled, and put the sayde brystels therein, and let them lye vntil they take a colour somewhat yelow: than take madder wel stam-

ped, and put it in vineaigre. Afterwarde sette a kettle with cleare water on the fyre, whereinto you shal cast the sayde madder, with the Vineaigre and all, and when it beginneth to boyle, caste in the bristelles, and let them seeth but a very lytle whyle, than take of the kettle from the fyre, and let it coole, and so shal you haue your bristels of an excellent good colour.

To dye the sayd bristelles yellowe, greene, or blewe, or anye other colour.

First, you muste washe them, and let them boyle in Alome water, as the other before: than take Ligustrum, and Saffron, yf you wyll haue them yellowe: indicum, or the iuice of Elder berries, or Walworte, or elles the flowers of Ireos, if you wyl haue them blew. If you wyll haue them Greene, take Paynters Greene, and dresse them as is abouesayde, assayinge sometyme yf the colour please you. And by thys meanes you may die them what colour you lyst.

To make a purple or purpurine, which is a colour wherewith men vse to make a colour lyke golde, for to paynte and wryte wyth.

Melte a pounde of fyne tinne, and melted as it is, take it from the fyre, and put into it eyghte or tenne vnces of quicke siluer, mingle well al together vntill it bee lyke as it were dowe: than take a pounde of Brimstone, and a pounde of Armoniacke salte wel brayed. Incorporate all this with the sayde dowe of the Tinne and quicke Siluer, and braye them well together in a morter, or other vessel of wodde or stone & not of bras. Than put al this composition into some viol which must be wel luted or clayed about the mouth, or so emplastred that the claying or luting be higher than the viol a finger height or twaine: than afterward set it so vpon ỹ fourneys, making to it a slow fyre at the first, & afterwarde a litle bigger, and so you

shall

shal maintaine it stirringe at times with a litle sticke that whiche is in the glasse. And whan you see that it wil make a yellow colour, take it from the fyre, and let it coole, and so shal you haue a verye faire purple colour lyke the colour of golde: Afterwarde bray it with lye, and washe it with pisse or lye, addinge to it a litle Saffron, and steepe it with gommed water, as you shal see hereafter more playnelye.

To make Lacca of Brassyll.

TAke two payles full of stronge lye, and put in it a pounde of the shearinge of fyne Scarlet, and let it boyle vntill the sayde shearynge be altogether dissolued and consumed into water: than after powre it into some vessel of wood or stone, and cast into it by litle and litle, a pounde of Roche Alome, mingling it wel with a sclyser of wood, and powre also to it, by litle and litle, two pailes ful of colde water.
And after putte it in a straynynge bagge, and lette it droppe and trickle out, than put that remaineth in the bagge into some vessel of glasse. This done you shal set on the fyre a pounde of Verzine or Brasyl cutte in pieces into a payle ful of lye, and let it seeth vntil it bee diminished the thickenes of a finger, than straine it in another bagge, and let the water that commeth out be set againe on the fire, with an vnce of gomme Arabick made in pouder, and let it seeth vntil it be diminished halfe a finger: then powre it vpon the saide compositi-on, that you did put into the vessel of glasse, mingling wel al together with a wodden sclyser, than put it in a bagge and straine it wel. The dowe of Verzine wyl remaine in the bagge, whereof you maye make rounde apples or balles, and drie them in the shadowe, and it wil be parfite.

To make whyte tables to wryte in wyth the poynte of a wyre, suche as come out of Garmanye.

TAke plaister called Gipsum, cribled and syfted, and stiepe it and temper it with Hartes glue, or other, and geue your Parchment leafe one touche with it, and whan it is drye, scrape it, that it maye bee euen and bryghte, and couer it ouer agayne with the sayed plaister called Gypsum, and scrape it as before: than take Ceruse, well brayed and sifted, and stiepe it with the Dyle of lynseed sodden: annoynt your tables with this mixtion, and let it drie in the shadowe, the space of fiue or sixe dayes. This doen take a cloute, or linnen cloth wete in water, wherewith you shal sprcke and make smoth the saied tables, but the clothe muste fyrst be wronge hard, and the water prested oute, then leaue it so the space of.xv.or.xx. dayes, vntil it be thorowe drye, than applie it to your vse.

To make roset, or ruddle.

TAke an vnce of Brasil broken smal, a quarter of an vnce of Ceruse, and a quarter of an vnce of Roche Alome, mixe all these thynges wel together, and stampe them wel, than powre pysse vpon them, vntill they be all couered with it, leauynge it so the space of thre dayes, and mixing it.iii.or.iiii.times a day. Afterward straine it thorow a linnen cloth, and put it in a pan not leaded, or in a morter of white stone and let it drie in a place where there commeth neither Sunne nor day light: than scrape the sayde roset, and keepe it, and whan you wyl write withal, stiepe it in gommed water.

To gylt ouer parchement, leather, or other such worke which men vse in stede of hangynges or tapistrye.

TAke thre pounde of the Dyle of lyne, Vernix, Pix Græca, of eche a pounde, halfe an vnce of Saffron pouder. Boyle all thys in a panne leaded, so muche, and so longe, that puttynge into it a Hennes feather, and takynge it by and by oute agayne, it seeme

seeme as it were burned. Than take it from the fyre, and take a pounde of Aloe Epaticum, of the best, wel made in pouder, and caste it in by lyttle and little, styrring it incontinent wel together wyth a stronge sticke: for otherwise it woulde swel and ryse vp a lofte. And yf in case for al the styrringe it rise vp, take it of the fyre, and let it stande a while, and than set it on the fyre againe, making it boyle a new, styrring it alwaies diligently. And whan al is well incorporated together, take it frō the fyre, and let it rest a while, than straine it thorowe a lynnen cloth, into some other vessel wherein you wil kepe it, and it is made. Nowe, if in steade of Saffron, ye did put to it of the yellowe seed whith is in the flowres of Lylyes, you shall make it muche better and fayrer. Than you wil gylte the parchemente, you shal geue it a grounde or sytuatyon wyth the whyte of an Egge, or Gomme, wherevpon you shal laye syluer or tinne leaues, but it shal not be so fayre with the leaues of tinne, as with syluer. Than lay the sayde Vernix hote vpon the parchement, or leather siluered, and you shal see immediately a coloure of golde very fayre. Lette it dryre wel in the Sunne, and print it, than paynt it with what colour you wyl.

¶ To dye crimson sylke.

TAKE eutte in sonder, or scrape harde Sope small, and melte it in common water, than take youre sylke in a lynnen bagge, or of fyne canuesse and thynne, and putte it into a kettle with the sayde water and Sope. Let it boyle halfe an howre, styrrynge it that it cleaue not to the kettle then take it it out, and washe it in salt water, and after in freshe water.

Take also for euerye pounde of Sylke, a pounde or more of Roche Alome alayde in colde water, and see there be water ynoughe, into the whiche you shall put

the sayde Sylke withoute anye bagge, and withoute settynge it on the fyre, leauynge it so the space of eyghte houres: than take it oute and washe it in freshe water, and after in salte water, then agayne in freshe water, and let it not drye, but putte it wete as it is in a kettle wyth the Crymsen, well stamped and syfted, that is to saye, three vnces for euery pounde of sylke. If you will haue the sylke of a higher colour, take foure vnces of it, and boyle it in as muche water as wyl couer the sylke, and that the water be aboue it foure or fiue fyngers high, and for eche pounde of the sayde Crimsen, you shall putte in three vnces of small galles of Istria, well beaten into pouder: or in stede of them, you may put in halfe an vnce of Arsenick Cristaline, for euery pounde, whiche wyl make the colour fayrer, but it is daungerous because of the smoke, and al inconuenences that maye happen, where suche water maye fall. And whan it beginneth to boyle, put into it your Sylke, prepared and ordered as is afore sayed, and let it boyle a quarter of an houre. Finallye take it of, and lette it drye in the shadowe, and you shal haue an excellent thinge.

¶ To prepare and trymme Brasyll, for to make of it foure diuers colours.

PVT Brasyll in as muche cleare water as ye wyll, and seeth it vntyll it be dimynyshed of the thyrde parte, or at the leaste vntyll the colour please you, that is to saye, that it be verye redde, than deuyde thys colour into foure partes: and yf of one of the partes you wyll make a redde colour or Roset putte nothinge to it, for the colour wyl be suche of it selfe.

If you wyll make the other parte blewe, put to it lyttle Lyme water, and you shall haue verye fayre blewe: marye the Brasyll muste be luke warme.

If you wil make it Violet, put lye to it: but if you

you shal putte to it Alumen fortis.

¶ To make roset of Brasyll another waye.

YE shall take a potte of water, and putte in it the byggenesse of a Walnutte of vnslcaked Lyme, leauynge it so the space of a nyghte, then take as muche Brasyll, bruised and broken, as wyll fyll the vessell, that you wyll boyle it in, halfe ful: than poure into it the sayed water with the Lyme wel strained, and lette it so stepe in the sated water, the space of foure howres, makinge it afterwarde boyle vntyl it be come to halfe, than bolwe downe faire and softly the vessel that you boyled it in, and drawe oute the colour into some other cleane vessel, puttyng to it the quantitie of a Tyche Pease of Rocke Alome, well brayed, and putte it in whan it is verye hote: than shal you haue a goodly thynge to do wythall what you will. If you wil write with it, adde to it a little Gomme water. If you wyll make it Blewe, putte to it three vnces of Lye, more or lesse, into a vessell, and you shall haue a very faire blewe.

¶ To make beyonde sea Asure, without Lapis. Lasulli.

YE shall take an vnce of Syluer, calcined or burned wyth Aqua fortis, and an vnce and a halfe of salt Armontacke, mixe all well together with vynaiger, and lette it clarifye a lyttle. If the Vynaiger be more than the sayd thinges, take away that is to much and put the rest in a vessell well leaded, and wel stopte, that the substaunce haue no vente oute, leauinge it so xxb. dayes, and at the ende you shall finde verye fayre Asure.

¶ To make a greene colour to write or paint with.

TAke Uerdegrise, Litarge, Quicke Syluer, and braye all thys together with the pisse of a younge chylde: and than write or painte with it, and you shal se an excellent colour, as it were an Emeraulde.

¶ To braye fyne golde, wherewith a man maye write or paint with a penfyll.

TAke Golde leaues beaten, and foure droppes of honny: mixe it wel together, and put it in a glasse. And whan you wyll occupie it, steepe and temper it in Gommed water, and it wil be good.

¶ The same another waye.

TAke as muche as you wyll of the leaues of beaten Golde or Syluer, and laye it abroade in a large cuppe or glasse, as euen as you can and wette it with cleare water, than bray it with your fingar, wetinge sometime your fyngar, but spreade it not to muche abroade in brayinge it, and continue thus doynge vntill it be well broken, puttinge vnto it alwaies water. And whan you thinke it is broken, and brayed ynoughe, fyl the cuppe with cleane freshe water, and styrre it well, than let it repose halfe an houre: After this straine the water, and you shall fynde the golde in the bottome of the cuppe, the whyche you maye dyse at youre pleasure. Whan you wyll putte it in experience, steepe and temper it with Gommed water: also you must kepe it wel couered, that it take no fylth. This is the beste waye that is, to make brayed or pownsed Golde.

¶ Another waye with Purpurine.

TAke Purpurine, whiche you shall fynde to be sold, or that you haue made youre selfe in the manner aforesayde, than put it in a dysshe, with pysse or lye, and dippe it well with your fingar little and lyttle: after

terwarde fyl the dyshe wyth pysse or lye, and let al settle downe into the bottome. This doen, styrre it agayne, chaunging often the sayd lye, vntyl al be as you would haue it, and finely beynge broken and pounned, and that the last pysse or lye be as cleare as whan you dydde put it in, and after you haue strained it oute, you shall put to it a lytle Saffron, and temper it with Gommed water. Than maye you wryte, paynt, or do any thinge elles with it.

¶ To make a grounde to gylt vpon with burnished golde.

TAke Gipsum, the quantitie of a Walnut, Boale Armenicke, the byggenesse of a Beane, Aloe hepaticke, Sugre candy, of eche of theim the quantitie of a Beane, stampe them by them selues, and puttinge the one vpon the other, you shall put to it lasse of all a little Ciuet, or honny.

¶ To laye or settle golde with a single grounde.

TAke fine Gipsum, Aloe Epaticum, Boale Armenick of eche a lyke quantitye, and temper it wyth the whites of new layd egges, whiche you haue strayned thorow a linen cloth, & if your ground be to stronge you may temper it with water.

¶ Another waye to laye on golde.

TAke Gommed water, and with the same onelye put Golde, and the sayed grounde wyll be good vpon parchemente, or vppon skynnes, the lyke maye you make with the whites of newe layed Egges, and with the milke of figges alone.

¶ To make colours of all kynde of metalles.

TAke Cristall, or paragon stone, and braye it well wyth the whyte of an Egge, and than wryte wyth it,

it, and whan it is drye, rubbe the writynge with golde or any other metall, and you shal haue the same colour that the metall is of.

¶ To laye golde on a blacke bottome or grounde.

TAke the smoke of a Lampe, and punne or braye it well with the Oyle of line, or of Walnuttes. And whan you wil laye the Golde vpon the sayd ground, se that it be neither to moist nor to drye.

¶ To laye golde vpon marble or vpon anye table of stone or other.

TAke Boale Armonick and braye it well wyth oyle of Lyne or of Walnuttes. And whan you wyll laye the Golde vpon the sayd ground, let it not be to moyst nor to drye.

¶ To make letters of the colour of golde, without golde.

TAKE an vnce of Orpiment, and an vnce of fyne Cristall, and braye theym ethe one by hym selfe, than myngle theym together wyth the whytes of Egges, and wryte with it.

¶ To make syluer letters without syluer,

TAke an vnce of Tinne, two vnces of quicke syluer, and melte them together, than braye theym with Gommed water, and wryte with it.

¶ To make greene letters,

TAKE the iuyce of Rue, Verdegrise, and Saffron: braye them wel al together, and wryte therewith with Gommed water.

¶ To make white letters in a blacke feilde.

Take

Take the pure mylke of a Fygge tree, in a glasse, and set it in the sunne the space of halfe an houre: than alaye it, or temper it with Gommed water, whan you will occupie it. And whan you haue written with it blacke the paper wyth incke, as muche as you wyll if the papar be greate: and whan it is drye, rubbe it well with a linnen cloth. Than the letters that you made with the mylke of the fygge tree, wil go of al together, and the paper wyl remayne written white, because it was kept and preserued by the same milk, from the yncke, where the letters were. The like maye you make with the yelke of an Egge, tempered in water, wyth the whiche you maye wryte also: And whan the writinge is drye, rubbe wel the paper ouer with incke, as before. And whan it is drye, rubbe the sayde letters made wyth the yelke of the Egge, with some lynnen cloth or knyfe, and they wyll goo of, and leaue a whyte space, whereby you shall haue fayre white letters in a blacke paper.

¶ To make a greene colour for to write and paint withall.

Take Spanishe greene, and stepe it alone in Vynagre, and passe it thorowe a linnen cloth, and brayе it wel vpon a Porphyre stone, with cleare water, and put to it, in brayinge it, a little honny, and lette it drie well, than braye it againe wel with Gommed water, and it wil be perfecte.

¶ To trimme and dresse Asure.

Azure is brayed wᵗ honny, as Spanishe greene is but ye nede not purge it otherwise: temper it with the whites of Egges beaten, or with the water of glewe, and not of Gomme. The water of glewe, is made with parchemente glewe, cleare and mollified, and strained as Gomme is.

¶ To

¶ To dresse or trymme Cinabrium, for to wryte or painte wyth,

BRAYE wel the Cinabrium vppon a Porphyre stone, with cleare Condite water, than let it dry, and put it in an vnckehorne, or glasse, but it is better in an vnckehorne in wynter. After thys poure pisse into in, minglinge it well together, and leauinge it so vntyll nyghte, vntyll all the Cinabrium be gone to the bottome: than chaunge the pysse, and do as before, leauinge it so vntyll the nexte morninge, chaunginge so the vrine or pysse foure or fyue dates, vntil al be wel purged. Than take the whyte of an Egge well beaten, vntyll it be brought into cleare water, whiche you shal poure vpon the Cinabrium, so that it be more than a fingar aboue it: After mire wel al together with some sticke of a Walnutte tree, or elles with some little bone, than lette the Cinabrium descende downe to the bottome, and do with this as before with the pysse, the space of two or three dayes, and this will take awaye all the sauoure of the pisse. This dooen, ye shal put to it another whyte of an Egge and mingle all well together, and than it wyll be perfyt: you must kepe it well stopped. At euery time that you wyll occuppye of it, styrre it well: and whan the whyte of the Egge is so dressed, as is declared, it neuer corrupteth.

¶ A grounde to lay golde vpon any mettall or yron.

TAKE Vernix liquida, a pounde, Turpentine, Oyle of lyne, of eche of theym an vnce: myre well al together, and it is made.

¶ To gylte the edges of bookes.

TAke the quantytye of a Walnut of Boale Armenicke, the byggeneesse of a Cyche pease of Sugre Candye: braye them dryé the one wyth the other, and

and putte to it a little of the white of an Egge well beaten, than mingle well al together. This doen, take the booke that you will gylte, whiche muſt be wel bound, well glewed, euen cutte, and wel polyſhed, ſet him faſt in the preſſe, and that as euen and as righte as you can poſſyble. Then wyth a penſyll geue hym a wype ouer with the white of an Egge well beaten, and let it drye, than geue him alſo another with the ſayd compoſition. And whan it is well dried, ſcrape it, and polliſh it wel. Laſt of all when you will laye on the Golde, wette the ſayde edges wyth a lyttle cleare water, with a penſill, and than incontinent put on the golde leaues, cutte in that biggeneſſe they ought to be, and whan it is drye, pollyſhe it with a dogges tothe. This doen, you maye make what worke you wil vpon it.

¶ To kepe whites of egges as longe as a man will without corruptinge, and without putting Arſenick to it. A ſecrete not mucke knowen.

TAke the whites of egges, not breakinge them in anye wiſe, and put to them as muche white Vynaygre as ſhall ſuffiſe, that is to ſaye, a reaſonable quantitie, leaue it ſo the ſpace of two dayes, than paſſe it thorow ſome linnen cloth, without breakinge or beatynge the white of the Egges, leauinge it ſo the ſpace of eyght dayes, than ſtrayne it agayne, and put it in a violle well ſtopped, for to occupy whan you haue nede.

¶ The maner howe to make the groſide or foundation for Indicum.

TAke Gomme Armoniacke three partes, Gomme Arabick one part, Serapion a fourth part, ſteipe theſe in Vynaygre, vntyll they be very ſofte, than mire them wel, and ſtraine them thorow a linen cloth and it wyl be very good to occuppe whan you haue neede.

¶ Another perfyt grounde for the ſame thinge.

Take

TAke Gomme Armoniack an vnce, Gomme Arabicke three vnces, and stepe it in Vyneaygre the space of a daye and a nyghte, than take the biggonesse of a Walnutte of good yellowe Honnye, and a Garlyke heade, well pilled and made cleane, and well stamped. Boyle all these thinges together in stronge Vynaigre, puttinge to it a little Aloe Epatic, and lette it boyle a good while, than straine it thorow a linen cloth and wringe out well all the substaunce of it. And if you thinke it be to liquid or soft, or to cleare, boile it again, vntill you thinke it is thicke inoughe, than kepe it in a glasse, or vessell of earth leaded, or of bone. When you will gilt any thinge, anoint it fyrst with this compositi on, with a pensil, and rub it wel, so that the ingrauing be not filled, & leaue it so as long as you wil: than, whā you wyl lay on the leaues of gold, blowe a little youre breath vpon the saied foundation or ground, and set on the saied leaues of gold, disposing and orderinge theim as is requisite, pressing them wel downe with a pensil, or with a litle wol or bombase, and than shal you haue a very excellent gylting.

¶ A goodlye waye howe to make Golde and Syluer in pouldet, a thinge easye to be done, and there wil come of it an excellent coloure. This is a very rare secrete, whiche hath not bene vsed nor knowen vntyll this present.

TAKE leaues of golde a crowne weyghte, or as muche as you wyl, and set it to the fyre in some litle cleane pan or pipkin, and in another vessel you shal put foure times as muche in weighte of quicke siluer, a good waye off from the fyre, so that it maye but onelye warme a lyttle, for otherwise it myght vanishe awaye. Let not the leaues of Golde take so muche heate, that they melte, but let them ware almost redde. This doen, take them from the fyre, and the quicke syluer lykewyse, whyche you shall poure hote vpon the leaues of Golde, and incontynent myngle them wel

wel together with a litle sticke, the space of a Pater noster and powre it afterwarde into a dishful of cleare water, and you shal haue a dowe of the sayde Golde and quicke syluer, but the coloure of the Golde wyl bee so darkened and obscure, that a man shal perceiue and see nothynge at al. And thys is the dowe that the Goldesmythes cal amalgama, and the learned men malagma, whyche is a Greeke woorde, and beynge corrupted of the Arabians was chaunged into amalgama.

Also you maye make this colde, in brayinge the leaues a good while with the quicke syluer vpon a Porphyre stone vntil al bee mired and ioyned together. And braying it also with stronge Vinagre or the iuice of Lemons, it wil soner be made, and wil incorporate and comme together the better, than muste you washe it twise or thrise with cleare water. Now, howe soeuer you haue made this dowe or amalgama, you must straine it thorough a linnen clothe fyne and thicke, to the intent that a part of the quicke Siluer may go thorowe: or els straine it thoroughe a wylde Goates skynne, or a Lambes skinne, whiche is farre better, and presse it harde to thintent there may come out as muche quicke siluer as is possible. Than take that remayneth in the cloth or skinne, and put to it halfe as much faire quick Brimstone citrine. Fyrste stampe wel the Brymstone and mingle it with the saide paste or dowe: and beyng so mingled sette it on the fyre in a dishe or vpon Table, leauinge it so vntil al the Brymstone bee burned, and al the rest yellowe. Than let it cole, and put it in a dish washinge it so often with cleare water, til you haue a faire colour of Golde. Than kepe it in some glasse or earthen vessel leaded, as you do the other punned and brayed Golde, and whan you wil put it in experience, steepe it in Rose water or other, wherein you shal haue molified or dissolued some cleare gomme Arabicke. Than dresse and order it to write or paynte with, and you shal haue an excellent thynge. Whan you haue written or painted, beynge once drye, you maye burnishe it with a dogges tooth, whiche you can not do to

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the other brayed or punned gold, that Scriueners and Painters now a dayes do vse. This secrete hath bene practised of the olde and auncient writers, as we see in some of their bookes. But nowe you must vse the practise to burnishe it, laying a whyte paper vpon the gold and rubbing firste vpon the saide paper wyth the dogges toeth. And if you thinke that it is not yet burnished ynoughe, you maye burnishe it once againe, with the toeth vpon the golde without the paper betwixt.

To make a verye fayre Vernix, to vernyshe the sayde golde, and all other workemanshyppe.

TAKE Bengewine, and braye it the best you can betwixt two papers, than putte it in some violle, and powre vpon it good Aqua vite, that it bee aboue the Bengewine three or foure fyngars hyghe, and leaue it so a day or twayne, than put to it, for half a violle of suche Aqua vite, fyue or syxe Blades of Saffron slenderly stamped, or elles whole. This done straine it, and with a pensill vernishe therewith anye thyng gylted that you will, which wyl become bryght, and faier, dryinge it selfe immediatlye, and wyll continue many yeres. Nowe, yf you will dresse Siluer in suche a maner, do euen with the Siluer leaues as you did with the golde, if not, in steede of Brimstone you shal take white common salt, than dresse the Vernishe in the foresayde maner, puttinge to it the Almondes of Bengewine, that is to say, the whyte that is found in the middes of Bengewine, and put in no Saffron at all. And the sayde Vernishe of Bengewine, and Aqua vite, without any other thinge, is very good to vernish al thinges, as well painted as not painted, and also to make tables and coffers of Walnut tree, and Hebene to glister and shine, and of all other thinges. Likewise workes of Copper gilted and not gilted: for it maketh bryght, preserueth, apdeth the colour, and dryeth incontinent, without taking any dust or fylth, but that you may make it clene with a linnen cloth, or with a fores

tatle,

taste, which is better, as if it were not dernished at al.

To braye or breake golde or syluer easely after the common maner that the best workmaisters do vse.

TAke what golde leaues you will, and incorporate them wel in a cuppe of glasse with Julep rosat, stirring it wel with your middle fingar, lytle & lytle. And when al is incorporated together, braye it wel vpon a Porphyre stone, than powre by lytle and lytle cleare water vpon the stone miringe it alwayes: After straine the said gold & Julep into a dish or cup of glasse, and washe wel the stone that there remaine nothing. Than stirre all with your fingar in the sayde dishe and let it so repose: after powre the water out, and putte in other freshe cleare and warme, and washe it so, vntyl al the Julep be washed and cleansed oute, and that the water (putting it in your mouth) be in no wise sweete, than let it drie. This done you shal put it in a cuppe of cleane glasse, and rake out a fewe hote embers a good waye from the fyre, that the glasse breake not, whereupon you shal set the sayde cuppe, vntil the golde ware very hote, and be returned to his naturall coloure. Finally temper it with gommed water, for to put it in experience.

To make a lycour that maketh a golden coloure wythoute golde.

TAke the iuyce of Saffron flowers, when thei are freshe vpon the plante, and yf you can gette none, take Saffron dried, wel made in pouder, and put to it as muche yellowe and glistring Orpiement, that is scalye and not earthye: than, with the gal of a Hare or of a Pike (whiche is better) braye them wel together. This doen put them in some viole vnder a dunghil certaine dayes, than take it out and keepe it, and whan you wil wryte with this licoure, you shal haue a fayre colour of golde.

Another lycoure of the coloure of Golde, for to wryte and to gylte yron, wodde, glasse, bone, and other lyke thynges.

TAke an egge layed the same day that you beginne to make this, the whiche egge you shal open at one ende, and take out all the whyte, than take twoo partes of Muycke Spluer, and one parte of salte armoniacke that is cleane and wel beaten: and of these two thinges, you shal put as much vpon the yelk of the egge that remaineth in the shel, as wyl fyl it vp agayne: than mingle wel al together wyth a lytle sticke. After, stoppe the sayde egge wyth the piece that you tooke of, closing it wel with a piece of Ware, that nothyng may enter into it, nor any thyng issue oute. Than lay it vnder horse donge right vp, the open ende vpwarde, this doen: take another halfe egge shel, and make as it were a couer or a cappe vpon the sayde broken ende, coueringe it with donge, and leaue it so the space of twenty or fiue and twentye dayes, and so shal you haue a very faire colour of golde, for to wryte, and to do what you wil withal. And yf the sayde substance be to harde or to thicke, you may breake it, or temper it with gommed water,

Another goodly lycour, to make a golden coloure with lytle cost, and is a thynge easye to be done.

TAke the pilles of Citrons or Orenges very yelow, and cleare them wel of the white ỹ is within syde, than stampe them wel in a morter of stone or wod, wel made cleane, and take good yelowe Brymstone, cleare and bright, and wel beaten in poulder, whiche you shal mingle with the sayde pilles stamped, stampynge wel al together. This doen, you shal put al this into a viol, and kepe it in a depe Seller or caue, or in some moist place by the space of. viii. or. x. dayes. Finallye you shal heate it agayne by the fyre, and then wryte or paint with it, and you shal fynde it a very excellent

cellent coloure of Golde.

To make yncke or a coloure to wryte wyth, in a verye good perfection.

YE shal take good galles, & breake them in three or foure pieces, that is to say: stampe them slightlye, and put them in a fryinge panne, or some other yron panne with a litle Oyle: fryng them a litle, than take a pound of them, and put it in some vessel leaded, powringe into it as muche whyte wine as wil couer it ouer, more then a good hande breadth. After take a pounde of Gomme Arabicke wel stamped, and eyghte vnces of Vitriole wel made in powder: mire al wel together and set it in the Sunne certayne dayes, stirring it as often as you may: than boile it a litle if you se that you haue neede, and after straine it, and it wil be perfecte. And vpon the Lees that shal remaine in the bottom you maye powre other wyne and boyle it a lytle, and strain it. You may put wine vpon the same lees as often as you wil: that is to say, vntil you se ỹ the wine whiche you put in wil staine or bee coloured no more. Then mingle al the saide wine, whereinto you shal put other galles, gomme and vitriole, as at the beginning then keppynge it in the Sunne, you shal haue a better yncke then the fyrste, and do so euery day, for the oftener you doe it, the better you shall haue it, and wyth lesse coste. And if you finde it to thicke, or that it be not flowing inoughe put to it a litle cleare Lie which wil make it liquide and thinne inough. If it bee to cleare, adde to it a litle gomme Arabicke. The Galles muste be smal curled and massiue within if they be good. The good Vitriolle is alwaies within of a colour like vnto the Element. The best Gomme is cleare and brittle, that in stampyng it, it becommeth pouder easely, without cleauyng to gether.

¶A good waye and maner howe to make incke for to carry aboute a man in a drie poulder, whiche(whan he wil write with) he muſt temper with a little wyne, water, or vynaiger or with ſome other licour, and than he may incontinent put it in experience. Wyth the ſaide poulder all other incke maye be amended, be it neuer ſo euill.

YE ſhal take Peche or Abricot ſtones with their kurnels, ſwete Almondes, or bitter, ſo that they haue their ſhelles harde, and that the Almondes be with in them. And if in caſe you can get but the ſaied ſtones without their kurnels, it ſhal be good ynough, but yet not ſo good as with the kurnels. Take then al the ſayd thinges together, or thoſe that you can get, and burne them vpon the coales: and whan they be very redde and enflamed take them out, and thus beynge redacte and made into very blacke coales, kepe them in a panne. Take lykewiſe Roſin of a Pine tree, and putte it in a panne, and make it flame and burne: than take another little ſkillette, or els a lyttle bagge holden open, with little ſtickes laide a croſſe ouer it, or otherwiſe, as you ſhall thinke good, and hold the mouth of the bagge downewarde ouer the flambe, ſo that the ſmokee of the ſaied Roſin maye gather together, and ſticke rounde aboute the ſaied panne or bagge, and whan al the Roſin is burned, and all colde againe, cauſe al the ſayd ſmoke to fal vpon a paper, or table, or ſome other thinge, and kepe it, but if you wil not take the paines to make this ſmoke, bie it of them that make printers incke. Of this blacke or ſmoke, you ſhal take one part, or what quantitie you will, of the coales of the ſaied ſtones another part, of Vitriole one parte, of fried galles, as is afore ſaied, two partes, of Gomme Arabicke foure partes. Let all theſe thinges be wel ſtamped, ſifted, and myngle together, and then kepe well this pouder in a lynnen bagge, or of leather, for the older it is, the better it will be. Whan you wyl occupie it for to make incke thereof, take a little of it, and temper it with wine, water, or Vynaigre, the whiche beyng put into it warme

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the ynche shall be the better, neuertheleſſe, beinge put in colde, it maketh no great matter, and you shall haue immediatly very good incke, whiche you maye carrye where you will without spillinge or sheadinge. If you haue naughty inck, put to it a little of the said pouder, and it will becomme immediately very good black, and haue a good gloſſe.

¶ To make a greate deale of ynche quickly, and with litle coſte.

TAke of the blacke that Currſers or tanners doo blacke theyr skins with, for you may haue much for monepe: than take the gall of a fysshe called a Cuttle, which costeth almoſt nothinge, and chiefly in places nighe to the sea side, and in eating the saied fiſhe at diuerſe times, you may kepe the galles together. Than myngle the saied galles with the Tanners colour, and withoute anye other thinge, you shal haue a perfit Incke. To make it yet better, you maye putte to it of the sayed pouder made of the coales of Vitriole, of Galles, and of gomme, and the sayd Incke shalbe very good to print in copper, putting to it a litle vernix & a litle oyle of line, so that it may be liquide and fitting of it selfe, for to pearce the better into all manner of engrauinges, and that it maye abide wel vpon the paper, without renninge abroade.

¶ To make Printers Incke.

PRynters Incke is made onelye wyth the smoke of Roſine, as is abouesaied, and is tempered wt moyſt Vernish, you muſt seeth it a litle, to make it liquide or thicke, as you shall neede. But in Winter moyſter then in Sommer: and alwayes the thicker maketh the letter fayrer, blacker, clearer, and brighter. But in what maner so euer it be, it muſte be euer well myxed with the smoke. And to make it liquide, as is saied, you muſt put to it more oile of line, or of Walnuttes to the

bernyshe. If you wyll make it thicker, put lesse Oyle, and more smoke, lettinge it seeth more. If you wyll paynte redde, in steade of the saied smoke, mingle Vermillion well brayed, wyth the sayed Vernishe. If you wyl paynt greene, put in Spanishe greene. If you wyl make it Blew (as men haue done somtime heretofore) take Azure of Almaine, or of that of glasse, whyche is nowe made at Venise, doing in al poyntes as we haue spoken of the blacke incke.

¶ To make yncke so white, that although a man wryte with it vpon whyte paper, it may easely and perfytly be redde. A very goodly thinge.

YE shall take the shelles of newe layed egges, verye whyte, and well washed, then braye them well vpon a cleane marble stone, wyth cleare water. Putte them in a cleane dyshe, vntyll the pouder descende to the bottome: after dreane oute the water lyghtlye, and lette the pouder drye of it selfe, or in the sunne, and so shall you haue an excellente whyte, that neither Ceruse, nor any other white in the worlde may be compared vnto it, if you dresse it, and kepe it cleane. And whan you wil occupie it, take gomme Armoniack wel washed, & mondified & made cleane of that yellowe skinne that is about it: then steipe it the space of a night in distilled Vinagre, & in the morning you shal finde it dissolued, & the vinagre shal become whither than milk the whiche you shall straine thorowe a cleane lynnen cloth, and with a litle of this white licour you shal temper the saied pouder, and than wryte or paynt with it, and you shall haue a whyte, excellente aboue all other sortes. A noble woman of Italye vsed no other thinge to blaunche her face: and kept her self very white with al, and yet it appeared not that she vsed any such thing. Also the sayd pouder hurteth nothinge at all the face, nor the skinne, nor yet the teeth, as the sublime, the Ceruse, and other like thinges do, whiche gentyl women

ofte vse, to theyr great detriment and hurte. But if you wil vse the saied whyte made of egge shelles vpon your face, you must braye and consume it very fine, and that it haue almost no palpable substaunce, and that it may be penetrattue and pearsinge, to thintent it maye continue. In the whiche thinge euery man may proue and assaye what his witte is able to do. But aboue al thinges, whan you wil vse it for the face, it is necessary that you put to it the third part of calcined and burned Malthum, as we wil shewe you in the booke folowing.

¶ To make a poulder to take of blottes of yncke, fallen vpon the paper, or elles the letters and wrytinge from the paper: which is a rare secrete, but yet profytable.

YE shall take Ceruse well brayed, and make thereof a dowe wyth the mylke of a tygge tree, then let it drye: afterwarde braye it agayne, and drye it as before, and so seuen tymes: then keepe it so in pouder. And whan you wil vse it to take out blottes, or letters out of paper, take a lyttle linnen cloth wette in water, pressinge and wringinge the water oute, then spreade it abroade vpon the place where you woulde haue it, and leaue it therevpon vntill the paper and the ynche be moyste wyth all: than take awaye the wette cloth, and vpon the blotte or letters that you will haue taken awaye, put a little of the sayd pouder of Ceruse, leauinge it so the space of a nyghte. In the morninge, you shal take a linnen cloth cleane and drye, wherwith you shall rubbe of softlye and finely the saied pouder, and the paper will remaine exceding white for to write vpon againe, as well as before, and better. And if al be not well rubbed of at the fyrst time, you may do it once againe, and you shal not fayle.

¶ To make a kinde of Vernishe, but muche fayrer, and better than that which Scriuenars do vse, and is of lesse cost, and stinketh not as other vernish doeth.

THe Vernyshe whyche Scriueners commenlye vse, is nothynge elles but the gomme of Ienyper made in pouder, and of the same is liquide Vernyshe made, in boylinge the sayed Gomme in the Oyle of lyne, and of thys pouder doe Scriueners vse to cause that the incke runne not abroade, and that the letter be the fairer and cleaner. Now for to make a pouder of like effecte, and verye fayre, with lesse coste, and without any euil sauour, take Egge shelles what quantitie you wil, taking away the litle skinne within side: and whan you haue grossely stamped theim, put theym in a panne that will endure the fyre, coueringe it with some couer, then set it in some glasiers or potters furneis, or in a bricke, tyle, or lyme makers kylle, leauing it there vntyl all the shelles be come into a verye white pouder whyche is called Egge lyme: syfte it and kepe it. And whan you wil occupie it, caste a little of it vpon the paper, or parchement, and spreade the pouder well vpon it, rubbing it wel with a Hares fote, or otherwise then takinge awaye that is to much wryte vpon it, and you shall finde it of better effecte then the Vernix. Whan the wrytinge is dryye, yf you will take awaye the saied pouder, yea the common vernische, for feare leaste men shoulde whyte theyr handes, rubbe the paper or parchement with crommes of white breade, for it wyll drawe to it selfe, and take awaye all the vernyshe or pouder that is vpon it.

¶ To make incke to rule paper for to write by, whereof the writinge beinge drie, the lines maye so be taken oute, that it shall seeme ye haue written without lines.

TAke Paragon stone, stampe and braye it wel, then take the bygge nesse of a lyttle nutte, of the fayrest tartre or lees of white wine, calcined and burned, settinge it to stepe and dissolue in a dyshful of clere water, and than straine it oute. And with this water you shall temper the blacke pouder of the Paragon stone, vntill it become like pucke, wyth the whyche you shall

rule

rule your paper, or parchement: and wryte vpon those lines what you wil with common inck. And whan the writting is dry, for to take out the saied lynes, you shal take harde crommes of white breade, and rubbe youre paper ouer with them, and the lines that you haue ruled, wyll go out, as cleane as thoughe there had neuer bene line at al. This is a goodly secrete, and very rare.

¶ The ende of the fyfte booke.

The

THE SECRETES of the reuerent Maister Alexis of Piemont.

THE SIXTE BOOKE.

To sublime Quicke Syluer, that is to saye, to make common sublyme, that Goldsmithes, Alchemistes, and Gentilwemen do vse, and that men vse in many thinges concerninge Phisycke.

TAKE a pounde of Quicke Syluer, and put it in some vessell of wodd with a lytle Vynaygre, and Salte Peter, than braye it and mortifie it wel with a wodden pestell. Than take halfe a pounde of commō salte, foure vnces of Salt Peter and let al thys be wel brayed, and put vpon the Quycke Syluer in the same vessell of woode, sprynge well all together, puttinge to it twoo pounde of Roche Alome burned. Incorporate well all this together, and put it in a violle, or some potte, luted and clayed a finger higher then the substaunce within is.
Then putte it, and dispone it, in a panne or scillet, vpon sifted ashes: than set the sayd panne on the furnes, settinge the Limbecke vpon the violle or potte luted, and then the recipient, to receaue that distelleth out, as men do in all maner of distillations. Make to it at the fyrste a lowe fyre, vntyll all the moysture be drawen out, whiche you shal take out of the recipient, and kepe wel, for it will be good for many thinges, and specially for to mortifie other Quick Syluer, to make other sublime. This doen, make your fier greater, & continue it so, vntill you see the Mercury or Quicke Syluer, to be sublimed thorowly white, that is to saye, that it be ryse aboue al the substance, and made as it were a white cake.

cake. And if you will make it higher, that is to say, vn-
to the necke and brimme of the violle or pot, then take a
sheete of paper, and wrappe it rounde about the violle
or potte, that is to saye, aboute the body of it that is vn-
couered aboue the furneis: then encrease your fire, and
make it greater, and this white cake wyll rise by little
and little, and will cleaue to the brimme of the pot, re-
mainynge there like a litle belle of white sublime, then
let it coole. Than take of the recipient, and lyfte vp the
Limbecke, makinge the pot cleane without side, to the
intent that whan you break it, there sal no filth among
the saied sublime. This done, breake the violle or potte
and in taking of the sublime, you must kepe it from the
smoke, and in this sort you may make a loafe or cake of
a hundred, or two hundred pounde, or as muche as you
wyll, kepinge alwaies the proportion of the quantitie
of the thinges, accordinge to the weighte here aboue
written. The lees that remaineth in the bottome of the
said potte or violl, may be stamped and dissolued in boil
linge water, and than straine it, and let it seeth, And
than drie thorowlye: there will remaine in the bottome
a salte, whiche will be of the nature of the Salt Peter,
of the common salte, and of the Alome that you did put
in. And the sayde salte wyl be very good to make other
newe sublime, with other Quick Siluer, and vinaiger:
or elles in steade of Vynaigre you maye take the fore-
said water that distilleth in the sublimation, and so shal
you make it very perfyte. And you muste note, that the
saied sublime, made with Roche Alome, is better for
gentilwomen, that wil paint their faces with sublime.
But I counsaile them, that in steade of sublime, they
vse some of the waters that I haue spoken of in the
bookes before. For Goldesmithes, Alkemistes, and for
many thinges required in Phisicke, it is better to put
in rawe Vitriole, in steade of burned Alome: but this is
very euil and hurtful for gentlewemen: for, the moofte
part of them that make sublime, make it with Vitriole
partly because it is made with lesse cost, and partly be-
cause it is profitabler for many things, then made with
Alome,

Alome, whiche is almoste for nothinge but for gentlewemen. There be some naughty personnes that putte Arsenic Cristallyne to distille with Quicke Spluer, a thinge practised of to many men. Wherefore it is good and profitable to admonyshe euerye man that he take heede, for certainely, in respecte of a little gayne, they make them selues worthy to be burned quicke: for besides that men se oftentimes, that by suche sublyme wemen haue theyr faces swollen wythall, lyke a bladder blowen, also it may happen that in Phisicke they hurte or kyl men. The sayde sublime made with Alome and Nitriole, may easely be sublimed a newe, that is to say for euerye pounde of this sublime, to putte to it halfe a pound of common white salte, or burned Alome, or vnsleaked lime, in settinge this to sublime, as before: the whiche wyl sublime it selfe much soner, and wyl ware fayrer, the oftener you sublime it. The Alchemistes, sowynge the preceptes of Geber, of Saynte Thomas, and other Philosophers, go aboute and spende tyme to sublyme it dyuers times for to fyre it, amonge whom there be that sublyme it a hundreth times, and other some twoo hundreth tymes, and yet at thende bringe it to none effect: and that cometh, because that alwates they put in, in sublyminge the saied lees, that is to say, the salte, alome or vitriole, as we haue saied. And seing that the nature of the fyre is to fir and make firme thinges that sone flit awaye, the oftener the saied sublyme cometh to the fyre, the more doth it fasten & fir at euery time, but that part that is fired, is alwates mingled w̄ the saied lees, & so is lost: Therefore they whiche made the saied sublimation, not consideringe the reasons and causes why suche a thynge happeneth, founde that by litle and litle theyr sublime was diminished, and (peraduenture) thought it hadde flowen awaye, or els consumed in the fyre, rather than to beleue that it remayned in the saied lees, from the whiche it can in no wyse be separated. Nowe mindinge philosophicallye to proceede in the fasteninge or firinge the saied sublyme, you must fyrste sublyme it three or foure times, wyth com-

mon

mon salte, burned Alome, lime, or Talchum, as is sayde: to the intent that in this wise it may be mondified and clensed from al earthy and vncleane substaunce, that it conteyneth, and from the superfious moysture, wher of it is ful. It is mondified and made cleane of the earthye substaunce, because the earth sublymeth not, but remayneth in the bottome of the viole or potte, cleauing with the grounes, whiche is the Salte, Alome, or Vitriole that is put in it, the whiche thinges we cal here Lees or dregges because they remaine in the bottome, as the Lees of wine, or of Dyle doth. Also it is pourged of the aquositie, or superfluous moisture, two maner of wayes. The firste is, because that with the same, or distilled water, wherwith it was watered, as we haue sayed before, the moisture or watrinesse of the sated quicke siluer distilleth out in a vapour. The other is, because of the ofte sublimynge it, the nature of the fyre is annered vnto it, which diminisheth it, the whiche two thinges are the principal cause why it fasteneth. And so are they the onely partes that make the perfit fixion or fastening, according as they are sufficiently ioyned with the thinges that you wil fasten or fire. And here we meane no other thinge, by the thing fixed or fastened, but that the fire hath made suche a decoction, that it banisheth not away, or is lightly caried away with the winde, and that al the substaunce remaineth in the bottome, and consumeth no more.

Therefore, after you haue sublimed it three or foure tymes, and that it is wel purged of the earthye substaunce, and of the superfluous moisture, as is afore sayde, you shal set it to sublime a part by it selfe, without anye grounes or Lees, and shal sublime it so often vntil al remaine fixed to the bottome of the viole or potte, and that it flye not away nor diminishe for anye great fyre that you make. But if you wyl make it in lesse space and easyer, obserue this rule, whiche is certaine and infallible.

When you haue sublimed it three or foure tymes, or oftener, you shal adde to it the fourth part of fine siluer

calcined

calcined and burned, as we wyll afterwarde declare: than after you haue mired it well together, set it to sublyme: and whan it is sublimed, mingle that which is rysen vp, with that that remaineth in the bottome, then sublime it again, and so, so often that it ryse vp no more but remayne in the bottome for al the vehemence of the fyre, and so shall it be perfit, very white, cleane, fusible, and penetratiue or pearsing. And he that would make a good quantitie of it, and is not able to put to it as much fine siluer, as the fourth part of it, he may make it in this maner folowynge. After he hath sublimed it thre or foure tymes, with the grounes or lees, as is aforesaied, let him kepe it by it selfe, and take a litle of it that is to say: as muche as for to ioyne or put with the fourth part of fyne siluer, that he should put to it, as in example. If he haue but halfe an vnce of siluer, let him take an vnce of the sayde sublime, and whan he hath mired it together, let him sublime it as often as before vntil al remaine fixed in the bottome, and he shal haue two vnces, or lytle lesse of sublyme fixed: for the fyre in dryinge it, and makynge the decoction, eateth & consumeth some parte of it, beside that consumeth in stamping and in the viole or potte. Than let hym take these two vnces fixed, or as much as is of it, with three times as muche of sublime not fixed, that was kepte, and then let him mingle al together, and sublime it as oft as before, vntil al be fixed. And if he wil make more of it, let him take againe three parts of the other sublyme: and so shall he make it as often and as muche as he wil, whiche is muche better then to make it al at once, for by this meanes is Volatile fixum, and Fixum volatile oftener made, which is that, that the Philosophers esteme moste, and is also more fusible, more pearsynge and of greater vertue. In this operation consisteth all the secrete, and the greatest maistrye of the Philosophers and chiefelye of Geber: who maketh the moste part of his worke in thys maner of subliminge and fixing oftentymes: and onely kepeth the thyng secreate that must be sublimed, the which thyng because he wil

hide

hide it from theim that be not worthye to knowe it (as hym selfe affirmeth) he calleth it Quicke Siluer, but he meaneth another thinge, although he in effecte the same thing declareth that it is but quick syluer, but brought from his nature vnto a perfecter degre, as for example. Dowe, is meale, not in his fyrst essence and bring, but is redact and made of the baker, into a more estimable nature, and nerer to perfection. No man ought to hope to attayne to this high knowledge, by his owne witte, but onely by the grace and gifte of God, who (as al the Philosophers saye) Cui vult largitur, & subtrahit.

¶ To make Cinabrium, and thereof to make loaues of a hundreth or two hundreth pounds, as great as a man list as those are that come oute of Almayne, which secrete hath not before this time bene knowen of any in Italy.

ALL those that delight in secretes, and principally in things belonging to metalles, knowe howe to dresse Cinabrium but in a smal quantitie, as a poũd or two at a time, and not past. In Germany, and some partes of Fraunce, there be that make it in great lompes, or masses, and send it so into Italye, and ouer al ỹ worlde, and yet kepe it meruelous secret to them selues without publishing it vnto many men.

Therefore we will also communicate this secrete (although it consist in a small thinge) to the glory of God, and the profite of the common welth, teaching here in a breife manner, to make it in as great a quantity as a man wil. Take of Quicke Syluer nine partes, Brimstone citrine two partes, yet many men put three partes of Brimstone, for the nine partes of quick siluer, other four, and some as much of the one as of the other.

But whan it is for to paynte with, there cannot be to much Brimstone, for there commeth the liuelier colour of it, and for other things it is better that for one poũd of Quicke Siluer, there be but three or foure vnces of Brimstone. Put then the Brymstone in som large panne, melting it with a slowe or small fyre: & whan it

it is molten, take the quicke Syluer in a linnen cloth, in your left hande, and wrynge it litle and litle into the sayde Brymstone (which must syrst be taken from the syre) and mingle it with a sticke, to thende the quick siluer maye incorporate it selfe wel with the Brymstone, not ceasinge to stirre it, and to lose it alwayes from the panne, vntil al be wel cooled, and you shal haue a blacke mixture, whiche shalbe neyther lyke the Brimstone nor quick Siluer. Stampe this mixion and braye it wel, and sifte it, and of this pouder you maye make what quantitie you wil, puttynge it in a greate panne. Nowe yf you wil dresse the cynabrium, you shal take a viole of glasse as great as you wyl, yet see notwithstandinge that ye fil the sayde viole but a quarter ful with the substaunce that you shal put in it.

And after haunynge wel luted and clayed the Viole, with a clay or paste made with whyte clay, and the shearinge of clothe (whiche men cal Lutum sapientiæ, as we wil shewe you here after howe to make it perfectly) and whan it is wel dried put in as muche of the saide pouder, as wil fyl a quarter of the saide Violle, or lesse, and without closinge vp the mouthe of the saide vessel of glasse, ye shal set it vpon a greate Furneis, if you haue muche substaunce, than make vnder it a slighte and slowe fier, the space of two or thre houres, and afterwarde somewhat greater. But for to make a greate quantitie of it, you muste euer and anone, put in of the saide pouder, leauinge so stil the saide vessel of glasse vpon the fire to sublime: than take a stycke made meete for the purpose, that maye reache to the bottome of the saied vessel, and be more than a handeful without, and haue also vpon the stycke a rounde lumpe of the sayde Lutum sapientiæ, to the intente that the saide sticke so beyng put into the Viol, it may close the mouth of it, and that whan the sticke riseth vp the piece of Lutum sapientiæ, maye also ryse wythal, and open the mouth of the saide Viole. You muste haue also made readie and settled, a fonnel (suche as they fyll hogges heades of wine withal) whiche muste haue alwayes

wayes the necke of it within the mouthe of the vyolle, and that the sticke maie go thorough the myddle of the funnell, that by that meanes, it maye stoppe the strayte of the funnell, with the mouthe of the violle.

All these thinges thus set in order, you must keepe the saide pouder nighe vnto the fyre, to the intente that it maye be hoate: for if you shoulde put it in colde, vpon the hoate that is in the Viole, you shoulde make colde and let the sublimation of the cynabrium.

Nowe whan the firste pouder hathe bene on the fyre, the space of fiue houres, and that it is thoroughlye, or partelye sublimed, liste vpon the stycke a lytle, that is in the potte, and so open the mouth of it, in liftinge vp the rounde piece of claye that stopped it, and put in thre or foure sponefulles of the sayde pouder that you kepte warme, then let downe the stycke, with the rounde bottome of claye, that it maye close the Viole as before.

And you muste vnderstande, that the sayde sticke is not put into the viole for any other cause, but to kepe that the saide pouder whiche is in the bottomme, beginning to sublime, shoulde not cleaue rounde aboute the mouthe of the Viole, for than it woulde stoppe it so that you coulde put none other pouder into it, nor make the loaues so greate, as is sayde: and herein consisteth the whole secrete to make the loaues greate.

For yf you woulde put in al the substaunce at once, that is to saye, a hundreth or two hundreth pounde of substaunce, you shoulde make the masse, or lumpe so great that it woulde neuer be broughte to perfection, and muste make so greate a fyre to it, that rather it woulde melte bothe the vessel, and also marre the furneys, than the matter or substaunce woulde sublime. But in puttinge it in thus by litle and litle (the sticke beinge in the middle) al the substaunce sublimeth, baketh, and wareth redde, and by litle and litle sticketh to the hyghest part of the vessel, then, in puttyng to it agayne new pouder, it descendeth to the bottome, and there finding al thinges hote, with that that it is hote

it selfe, and in a smal quantitie it sublimeth, baketh and wareth redde incontinent, incorporatinge it selfe with the firste. So in puttinge in by litle and litle newe hote pouder, and keping alwayes the fyre in one state, you shal make as great quantitie of it as you wil, and shalbaue very great loaues of fayre cynabrium, the whiche wil haue onelye a hole in the middle, whiche is the space where the sticke went thorow. Finally, you may put to it newe pouder in takinge awaye the sticke altogether and closing the mouth, and than make a fyre: for this laste pouder wil lykewise sublime, and wyl make a bottome to the lofe of cynabrium. Moreouer note and vnderstand, that the great fyre, that is to say, long continued & kept, burteth not, and nowe and then you muste moue and lift vp and downe the sayde stycke, to the intent that the cynabrium cleaue not to it, and stoppe so the mouthe of the vessel, that you can put no more freshe pouder to it as is sayde. Thys is the sure and perfecte waye and meane howe to make cynabrium in as greate loaues as you wil, whiche hytherto hath not bene knowen in Italy. You maye do the lyke in pottes of potters claye whyte, so that they be wel luted and clayed ouer, that they maye endure the fyre, and not breake.

To fyne and renewe Borax.

Borar was called of the auncient writers chrisocolla, and was both natural and artificiall, as Plini, Dioscorides and other write, and men did vse of it in Phisicke, and also to solder Golde and Syluer, and other meatalles, as men vse yet nowe a dayes: For the nature of it is to melte, and to resolue quickelye anye solderynge. It is vsed in worke also for to make a bodye, that is to saye to gather together the fyllynge of Golde and siluer, and in al other thynges, wherein a man hath neede of a quicke and sodayne foundinge or meltinge. Moreouer, gentlewomen helpe them selues also muche with it to make them fayre: For it maketh

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the skinne very white, fine, and cleane, without daunger of any poyson, or hurtyng of the teeth, or flesshe. The auncient men of olde time had of it grene, whereof nowe a dayes is none founde, nor yet any man maketh it. Marye, we haue that is verye whyte, and also somewhat blacke, which peraduenture a man may say is like their greene. The white is in litle long pieces, with certaine synewes or vaines al along, so lyke vnto Roch Alome that many are decepued, or decepue other with it: For whan a man setteth the sayed Bozar vpon the fyre it boyleth and swelleth vp in al pointes like Alome, and so remaineth white and ful of hoales lyke a sponge, and easy to be broken with your handes euen as Roche Alome burned. But subtyle and craftye marchauntes know Bozar from Alome thre maner of wayes. The first is, that Alome put in a mans mouthe is eigre and sharpe of taste, and restraintife, but Bozar hath no maner of taste, but a dead and vnsauery guste, as a meane betwene the sauour of Oyle, and whaye of Milke. Therefore thei that wil decepue other, and falsifie the true Bozar, take litle pieces of rawe Roche Alome and kepe them in Oyle of Almondes, in whaye or in milke. Some other put to it also honnye or sugre for to moderate the eygrenesse of the Alome, with the swetenes of it.

Other there be that melte all the sayde thynges on the fyre, and than set them to coole in some colde place vntil al be waren into yce or litle stones, and puttyng to it Salte Peter, Sal alcali, Tartre, Alome de fece, and suche lyke thynges, and make lytle stones somewhat lyke vnto Bozar: But fyrste they differ in fourme and fashion, for the trewe Bozar is alwayes longe in fourme: And the stones where Alome is amonge, are neuer brought into anye fourme, but into lytle square stones. Furthermore, they differre in the seconde sorte, and that is thys: that Alome beynge burned, maketh a greater lumpe, then whan it is rawe: but the true Bozar is brought and reduced into a verye small quantitie, and this is an euidente sygne to

knowe it. The thyrde, whiche is of moost importaunce and the sureste, is, that the matter wherein the Alome is, will not sounder in no manner of wyse, and wyll not melte neither, so well as the Bozar will. I saye, it wil not melte so wel, because that where any Salt Peter, Martre, and Sal alcali is, there the matter will melte, at the leaste in some parte: for all the saied thinges helpe to the foundinge of metalles. The Salte Peter, whan there is a good quantitie of it, is knowen incontinente vppon the fyre, for it maketh the boylinges waterythe, and casteth about, as it were litle sparkes of fire.

The other thinges made wyth the foresayed mixtions, dyuers tymes, in whaye, milke, or in water, and congeled into lyttle pebbles, make certayne stones, but they be alwayes salte, to brighte, and to violente to melte: for whan a manne wyll sounder anye worke of Golde, or thinne Syluer with it, it causeth the worke to melte together, and where as there is Sugre, it leaueth the Golde and Syluer spotted. Yen make other mixtures, whiche are verye good for to sounder, or to melte, whiche neuertheleste are differente freme the Bozar in fourme and sauoure, of the whiche we wyll make mention hereafter.

Nowe, for to retourne to the true Bozar of oure tyme, men bringe vs certayne barrels full, of a kind of grease, ful of certaine litle pebbles, which is called the dowe or paste of Bozare. Unto this daye menne haue brought it oute of Alexandria, where it was also of olde tyme made: & therefore is it that the auncient Arabian authours, which haue wrytten of thinges concerninge mettalles, called the Bozar Nitrum Alexandrinum.

And withinthese fewe yeares, they haue begonne to bringe it frome the Weste partes, yet I can not tell whether it be made there, or elles paraduenture it be broughte latelye oute of the Indes. There was within these fewe yeares so greate lacke of it in Italie, that it was solde at the leaste, for a crowne an vnce, of that, that was made into stones.

And nowe, wythin thys twoo yeare, there is come

such

suche habounddaunce oute of the Weste partes, that the pounde is worthe but a crowne and a halfe, and lesse.

The waye howe to make it (whyche is vsed in the saied Weste partes) is thus. In Mines, where Golde and Syluer, or Copper is gotten, is founde a kynde of water, whiche (as I my selfe haue seene and proued by experience) is of it selfe verye neete and excellent for to souder or to sound wyth. And also I knowe a place in Germanye, where there is a greate veyne of suche water, whiche notwithstandinge, the paysauntes knowe not of. Now, they take thys water, with the earth that is vnderneath it, or on the syde, and boile it a certaine tyme, and than straine it, and so straininge it, it congeleth into lytle pebbles, euen like vnto Salt Peter. And therefore yf a man shoulde keepe theym longe soo, they wold not continue, but would resolue by litle and litle: Also for to make them better, and to preserue the, and norysshe them in their owne nature and kynd, they take the grounde or dregges that is left of the said water, & earth putting to it barrowes grease or the grease of some other beast: than they goo to the mine, where they make a greate hole in the grounde, in the bottome wherof they lay a ranck of the said grease, & vpon that a ranck of the saide litle pebble stones, and than again another of grease, and so consequently as much as they wyl, but so that the laste ranke be of grease, or of the saied dowe or paste, and so they leaue it open and vncouered, ỳ space of certayne monethes: yet many of them do al this within theyr houses, in the earth, or in great vesselles. Than, whan they wyll sell it, or sende it out of the contrey, they take the saied paste or dowe, with the stones and al, with a fyre panne or some like thing and fyl barelles and tonnes of it. This is the same that commeth vnto vs, whiche we call dowe or paste of Bozar. It is sent also from the countreye where Bozar is made, or litle stones of the sayed paste, so renewed and fined as I wil shewe you. About thyrty yeare ago they sent muche more of thys Bozar, fyned and renewed, than

Alexis speaketh of Italy, and not the translatour of Galen.

than they dyd of the paste, because that in Italye they coulde not dresse nor make it, nor bringe it into lytle stones, wherefore it was not put in vse, but of certaine women in distillations, for to paint them selues with. Since there hath ben one in Venise that began to dresse it and after him a woman whom he had taught. Those two gat a greate somme of money, and the sayd secrete was longe betwene them two onely, although it was despysed of euery man longe before. Finally, it is nowe come so farre forwarde, that many men in Venise can dresse it, but one maketh it farre better than another, and peradnenture very fewe haue the perfection of dressinge it, with suche aduauntage that he loose nothinge of the substaunce, and to make as muche of it as is possible perfectly as I will shewe you hereafter folowing. Now, you muste take fyrst of the sayd paste, that is not mouldy, vinewed, or putrified: for than it is a signe that it shoulde be olde, and of many yeares, and thereby the litle stones shoulde be diminished, lotte, or decayed. Yet neuertheless this is of no great importaunce: for it is better to assay with your finger within the past, to se if it be full of the sayed pebbles, for the worlde beynge all together geuen to gayne, and full of deceptyon and fraude, they that make it, put sometime very fewe pebbles in the sayed grease, for to haue more substaunce: and beside this, they that bye it to sell agayne, take out also a good quantitie of the saied pebbles: wherefore it is necessary to be circumspecte, to the intente that diligence may surmounte, or at the leaste discouer the gile and deceate. Fynallye, if you will fine and renewe the sayed Bazar from suche paste or dowe, do thus. Take water luke warme, that is to saye, for two pounde of paste, halfe a payle full, whiche you shall put into some earthen vessell, puttinge the paste into it, than with youre hande fraye and fyre it in sonder, as you wolde temper leauen for to kneade, after this, straine out the saied water well thorough a strainoure, and take the lytle stones that remaine in the saied vessell, that is to say those that be of the bignesse of a Walnut, or beane,

and

and put them in a vessell, sprinkinge them with Oyle Olyue, as thoughe it were a salade, but the Oyle must be white: and if you haue none good, take commen oyle and set it in the sunne, purginge it well, and annoynte the saied stones with it, minglinge them well together with your hande. Afterward put them in a litle bagge, and mixe them well together againe, as men do confitures, this doen, put theym in lytle Boxes, and kepe theim, and thus shall you haue the best Borax that can be possible. If you wil reuew and multiplie it, do thus. Take the same water that was strained out, and put it in a kettle vpon a small fyre, keepinge the fyre alwaies in one estate, than scymme it with an yron ladle, and put also with the scumme, the ordure and filth that shal be in the bottome: but take good heede, that in seething it flie not awaye. Continue thus dooinge vntyll it be well sodden, whiche is knowen thus: put a lytle vpon your nayle, and if it renne not, it is ynough sodden, or els you may proue it vpon a paper, as men do Syrops, and yf it byde styll, it is sodden, or wet a strynge in the saied water, and holde it betwixte yours fingers, than plucke it oute by the ende, and if you feele it roughe, it is sodden. Than take the kettle from the fyre, and couer it with some couer fytte for it, that there fall no ordure or fylth in it: this doen, burie the kettle in wheate branne, and close it well rounde aboute, coueringe it with clothes or other things, so that it be wel stopped. You maye bury it, or hyde it in a hote dungehylll, and leaue it there the space of eight or ten daies, and afterward vncouer it and you shal finde a cruste vpon it, the whiche you shall take and put in on one syde, and you shall finde in the sayed kettle, as it were lytle pieces of yce, whiche you shall take oute, and put in another vessell, wasshinge them with cole and freshe water, than drye them vpon a table in the shadowe, and let those stones whiche at the firste tyme remayned in the straynoure, be mingled with the sayed pyeces of yce. Than take Alome de fece, that is white, foure pounde in thre payles full of water, three vnces of Salt Peter, than

boyle this with a small fyre, and scymme it, as you dyd the other, in prouinge it vpon your nayle, or vpon paper, if it bee sodden, as before. This doen, take it from the fire, and let it rest: and whan it is cleare, take a litle payle ful and a halfe of it, and set it on the fyre in another cleane kettle. And whan you see that it wil boyle, put in the sayed crusse, and that it be of tenne pounde, and make it seeth as the other did, essayinge vpon your nayle or paper, as you did before. Than put it in a litle ferkin, and lay two stickes a crosse, with foure cordes whereunto you shall tie a litle leade, to the intent they may stretche wel, and without touchinge the bottome by foure fingers, and that to the ende the Borax maye sticke and cleaue to it, and than burie it as before. This must not be put in the bagge, but anoint the same that you finde stickinge vpon the cordes with a feather, and the other that remaineth stil in the vessel you shal sprinkle as it were a salade. The clers that you shal take out of it, must be of the biggenesse of a hasell nut or beane: and the other wyl be lesse, you shall put into the water that remaineth, whiche water you shall set on the fire, makinge it seeth, and doinge as before, and so continue vntil all the water be conuerted and tourned into Borax, so that nothinge be losse. And remember (at the beginninge whan you dissolue in luke warme water, as we haue sayed before) to put to it the bigneſſe of a cicher peaſe of the ruen of a Hare, for that wil make al the other partes of the Borax to cleaue and take together.

¶ A good and easye waye to make Aqua fortis, better then any other.

TAKE Roche Alome and Vitriole, or Salt Peter, or elles all three together, of eche of theym lyke quantytye, that is well calcined and burned, and well brated. And yf you wyll haue it stronger, put as muche Salte Peter a parte, as of Alome and Vitriole together: put all this in some potte or violle, wel luted and clayed ouer, and in the recipient or receptorie two

vnces of wel water, for euery pound of the said substances. Let the receiptory be in freshe water, and alwayes wet about with some wet linnen cloth, so that it be neuer dry. And by this meanes the exhalations or fumes wil better mingle them selues with their water, and wil not sticke or cleaue to the recipient.

This doen, take the pot or violle luted, and trimme it so that the mouth hange downeward, ioyning it wt the recipient, without a Limbecke, luting & claying well the ioyntes and sides wt flowre, and the whites of egges and dispose & order it in such maner, that the fire come not to the recipient. And at the beginninge put a fewe hote coales vnder the bottome of the violle or pot, vntyl the matter loose & dissolue it self: and passe his first fury. This doen, couer it wt coales, and the fire must be very highe: and for to do best, there must be litle walles of bricke to holde vp the great coales, in great quantity vpon the sayed pot.

When you haue made thys greate fyre, the space of thre or foure, or fiue houres, al wyl be made.

Than let it coole, and take out the water, whiche is very good and perfit, and kepe it in a vessell of glasse well stopped with ware.

¶ The true and perfyte practise to caste medalles, and al other workemanshyppe of base chasing or ymbocyng as well in brasse, as in golde, Syluer, Copper, Leade, Tyne, as of Cristall, Glasse, and Marble.

FIrste of all, you muste haue alwaies the earth or sand ready, wherein you wil fashion and fourme your worke: but because there be diuers sortes, and euery man desireth it as he can get it, and as he hath skyll in makynge it, we will put here some of the surest and most parfitest, and of diuers kindes, to thend that if a man can not get or make the one, he may euermore haue recourse to the other. And vnderstande, that all these that we wil put here, may be set a worke eche of them by themselues, or mixed one with another, or

all

all together, for they are good euery waye. The bounty and perfection of eche of these earthes for to cast any mettall in, consisteth in these thinges, that is to wyt: that first and chiefly it be fine and small, and in no wise roughe, or full of grommels, to the intent that all thinges may easely take print. Secondly, that they receiue the metall well, and that they neither cleaue, breake, chappe, or ware into a cruse. They must also be tempered with a water called Magistra. (of the whiche we will speake afterwarde) to the intente that beynge dry, they maye be harder, and holde faster together. Thyrdelye, that they maye continue, and serue at diuers foundinges and meltinges, to the intente that whan you wyll caste many metalles, or other thinges all of one sorte, ye neede not at euerye time make newe mouldes. Also you must understand, that for metalles that are soft, as Lead, and Tinne, all earth, so it be good, wyll suffise: Prouided alwayes, that it be fine and small, and well tempered with the sayed Magistra, as I will declare hereafter.

¶ The fyrste earthe to caste in a moulde all maner of fusible mater.

TAKE Emerill, that men burnishe swordes or armoure with, and braye it very small, in flamynge it, as we wyll shewe you afterward, and temper it, or reduce it into dowe or paste, with the sayd Magistra. as I wyll tell you hereafter, and so dressing it, you shall make a very good earth, which will continue for many foundinges and meltinges, so that it be well gouerned and tempered, and the more it is occupied, the better it wyl ware: Prouided, that it be alwaies braied newe, and than watered & tempered with the Magistra.

¶ The seconde earth or sande.

Take

TAKE pieces of those vesselles, or pottes of earth that are made in Valentia in Italye, or other that Glassemakers use to keepe theyr molten Glasse in the furnesse, and yf you maye onelye gette the bottoms, or the pieces frō the middle to the lowermoste parte of them, it shall be the better, in takinge a waye the glasse that is rounde about them, if not, take them as you may. Than take Goldsmithes crosettes, or meltinge pottes, newe, and breake theim in pieces, and that the weight of the sayed crosettes be as muche as the pieces of the sayed vesselles before. All these thinges beinge fyrste beaten and stamped in a morter, let them be well brayed after vpon a Porphire stone, with water, as men braye colours, and hauinge made them verye fine and small, by seethinge them againe on the fire, as we wyl after declare, kepe them in litle goates leather bagges, or in some close borers, to the ende that because of theyr finenesse they flye not, and vanisshe awaye in the ayre.

¶ The thyrde earth or sande.

TAKE the fylinge of yron, sande, or yron ooze, or the sparkes that flye from hoate yron whan it is beaten, or elles all together, but that it be pure wythoute anye earth or fylth, than put it in an yron panne, or in some other vessel that wyl endure the fyre, sprinklinge it with stronge Vinaigre, and keping it on the fyre the space of eighte houres, after this temper it againe in Vinaygre, and then incense, and beate it in the fyre, braying and renewinge it diuers times, as the other. And kepe it in leather bagges, or in borers well stopped.

¶ The fourth earth or sande.

TAKE pieces of a pommesse stone made hote in the fyre, and quenched in Vynaygre foure times.
Than take. ii. partes of the sparkes of yron brayed and

and stamped, and one parte of the pommeise stone Mingle all to together, and put it in the fire, and brape it often times, and so kepe it as the other.

¶ The syxte earth, and the most parfyte.

TAKE mutton bones: but yf you take those of the heade, they wyll be better, yf not, take of what parte soeuer it be, and burne them vpon the coales or in some furneis, vntil they ware verye white: than stampe them, & syfte them. This doen, you shal put the pouder in some yron panne, or other thing amonge the coales, so that it may burne wel, than put to it a good handfull of tallowe, styringe it with some yron, in suche wise, that all the tallowe maye be burned with the saied pouder, leauinge it soo on the fyre yet halfe an howre, Than take it oute and brape it, and burne it agayne, sprinklynge, and brayinge it often tymes as you dyd the other, vntill it be very fine and small, and than shall it be perfyte, and wil serue for many foundinges or meltinges.

¶ The syxte earth.

TAke Cuttle bones, and calcine them in the fyre, vntyll they be very white, and vse them in al thinges, as you did the mutton bones, and than kepe it as afore. Fynally, there is also earth made of ẏ herbe called Tripolium whereof the roote is of some men supposed to be Turbit, of the ashes of Vynes, of strawe, of burned paper of horse dunge, dryed and burned, of bricke stamped of Coale, or of redde earth, or other lyke thinges that remain in the fire without melting, wherein men print very well all maner of metall, the whiche also neither breake, cleaue in sonder, nor chappe, as is afore saied.

¶ The seuenth earth or sande.

Take

TAke the shelles of a fiche called in Latine Tellinæ, or Egge shelles, and stampe them wel together, and brayne them with water, burninge them and brayning them diuers tymes, as you do the other before named: but take heede diligently that this fire not or vanishe awaye.

A goodlye waye and maner howe to make all these earthes verye fyne and small, and almoste impalpable.

TAke which of these foresayde earthes you wyll, or anye other, and after you haue wel stamped it, and sykted it, dryue it in a kettle by the fyre, or in a fryinge Panne, or other vessell, vntil it be verye whoate: than take it from the fyre, and stampe it wel, as before, with water or Alnaigre, heate it agayne, and brayne it styll with water or Alnaigre, and neuer dryue: Doynge so fyue or syxe tymes.

Finallye you shall put it in a vessel of whyte earthe, wel leaded, and powre into it as muche cleare water as wyll surmount it foure fyngars hygh: than styrre it with a litle cleane sticke, and let it rest the space of a quar. of a pater noster. Afterward powre ỳ said water fynely and wisely into some other vessel that is cleane: And vpon the sayde earth that remayneth in the fyrste vessel you shal powre other water, and styrre it as before: than powre the same with the other first powred out, and thus do so often vntil that with the water you haue powred out al the finest and smalest parte of the same earth. And if there remaine yet in the fyrst vessel any part of grosse earth brayne it a newe, and than put it with the other. This doen you shal let al the same fyne and smal earth, which you powred into the other vessel, go downe to the bottome: and than powre oute fayer and softly the water, and let the pouder dry that remaineth in the bottome, the whiche afterwarde you shal bray wel once agayne, and passe it through a fyne sieue or farce of silke (if you thynke good) and you shal

haue

haue a poulder, suche as there is not the lyke, whyche you muste keepe, as the other before, in leather bagges or in bores of woode wel stopped, pastinge or glewing the sides, to the intente that the pouder flie not away, for it is a substaunce almoost as fyne and as subtyle as the ayre.

¶ To make a water called Magistra, wherewith the sayed earthes to make mouldes is tempered and moysted agayne at euery casting and foundinge.

TO cause that the sayed earth be faste and firme, and that beynge fashioned and and drye, it maye holde together, and not fall agayne into pouder, you muste make this water, whyche is called in Magistra, whyche is a worde, not knowen from whence it is deducted, as the Philosophers haue forged and geuen names to certaine waters, according to the effecte that they serue for, as they haue doen of this water. And it semeth that they meant by this, the same thing that we vnderstande by the meane or waye, or suche a thing, that is a meane or way to kepe together or to dissolue, or to do some like thinge: thus it is made. They take common salt, the whiche they wrappe in a linnen cloth wet in water, or other licour, and beynge so lapped vp, it is layd in the middle of the embers in a furneis, or in some other lyke place, to the intente that with a payre of bellowes they may geue it alwayes a great fyre, or elles they put it in some croset, or other small vessel, luted and clayed, blowing it wel the space of an houre, than they let it coole. And he that will not blowe it alwayes, as is afore sayde let him lay it in the middes of hote coales, and yet couer it wel with fyre, and whan it is coole againe, he must stampe it, and put it in a pot well leaded, and put to it as much water as wyl couer it, foure or fyre fingars high: than muste he set it on the fyre, and syringe it, he shall make all the sayed salte to dissolue. This doen, it must coole againe, and

and be strained or passed thorough a felte twise: and this is done for to moist or bane the sayde earthes, and to make them holde together, as we wil declare afterwarde. Also you may make this Magistra with the whytes of Egges, beaten with a stycke of a figge tre, vntil they bee conuerted and tourned in a froth or scumme, then let them rest the space of a night, and in the morninge powre oute the water that is founde vnder the froth. With this water is the sayde earth moysted and bayned, and it apeareth that it is better then other: for it maketh it faster and firmer and cleaner, nor cleaueth so soone vnto the thinges cast in the mouldes: therfore some put a litle of this water of whyte of Egges, with the other Magistra made of salte. Other put to it a lytle water of Gomme Arabick, adding in al thinges iudgement, experience, and industrye.

To make Lutum sapientiæ verye perfecte.

TAKE of the best whyte Potters earth that you can get, for in one place there is better than in another, that is to saye, of that whyche can beste endure the fyre, as suche as they make Pottes of in Padua, and lykewyse in Germany: for it is of such perfection that the pottes whiche be made of it, and wherin they dresse their meate, may also serue to founde metalles in. Take then of the best, and specially if it must serue for a thinge that hath nede to bee longe vppon a great fyre, otherwise take such as you can get. There is founde of it that is of a gray colour, as the common sorte is, and also there is whyte, that men vse in some place of Uicence, whiche is like loaues of Gibsum, or plaister, and is called of the Italians Floretre de chio. We here in Englande vppon the vse thereof, maye geue it what name we will. Potters vse of it in Uenise, for to white the dishes and other things, before they vernish or polishe them. There is also founde of it that is redde, as in Apulia, where there is greate quantitie, and that they call Boale, and is the very same that some Apothecaries

caries do sel for Boale Armenicke, and the Venicians vse of it for to paint redde the forefrontes of their houses, with lime, bricke and Vermillion, coueringe it afterwarde with Oyle of line. This redde earth is the fattest and the clammiest of al the rest, and therfore it cleaueth soonest by the fyre, if it be not tempered with some other substaunce. And because that al the sayde earthes be to fat, the one more than the other, therefore men put to them some leane substaunce. Nowe if you take of that of ashe colour, which is most common and the left fatty, you may compose and make it in this maner. Take of the saide earth foure partes, of clothmakers flore or shearing, one part, ashes that haue serued in a buck, or other halfe a part, dry horsedunge or the dunge of an Asse, one part. If you wil make it parfiter, put to it a fewe stamped brickes, and sparkes of yron: let al these thinges be wel stamped, and sifted, that is to saye: the earth the ashes, the horse dunge, the brickes, and the sparkes of yron: than mingle al together, and make it into earth, and make a bedde therof, vpon the whiche you shal cast by and litle and litle, the flore as equally as you can.

Thys doen, powre to it water, styrrynge it wel firste with a sticke, and than with a Pallet broade at the ende. And whan al is wel incorporated together, as you wouldе haue it, laye it vpon some great borde, and beate it wel, and that a good space with some great staffe or other instrument of yron, mingling and stirring it wel, for the lenger you beate it the better it is. By this meane you shal haue a verye good claye for to lute or claye, and toyne Violles, Flagonnes of Glasse to stil wyth, and bottels of Gourdes for stilling and other great thinges, as Furneisses and such lyke: as we wil declare afterwarde.

But he that wil make it with more ease, let him put the earth onely, the Flore, and the Horsedunge, with a fewe ashes. Some put no Horsedunge to it, and some no Flore, accordyng to the purpose that they make it for. For to stoppe and close vp the mouthes of stillinge

Glasses,

glasses, or Viols, to the intent they take no vent on the fyre, the sayde claye wyl be verye good: Neuertheless men put to it two partes of quicke lyme, and the whytes of Egges, and then it wyl be surer to let nothyng vent out but the glasse it self. Al kinde of clay or earth wold be kept moist, and redy dressed for him that wil occupie it continually, but it muste not be kepte to waterye nor yet lefte to drye, for than it woulde serue for nothinge, seynge that after it is once hardened, a man can not dresse it any more to do any good withal. And whan you put water to it, it is molified by lytle and litle aboue, and is as it were a sauce, but within remaineth harde, and yf you put to much water to it, you marre it vtterlye. Therefore when you see that it beginneth to ware drye, feede it a newe lytle and lytle with water, styrring it til it be wel, & so you shal make it perfecte.

Certayne thynges, whiche he that wyll take in hande anye foundynge or castyng of metalles, must alwayes haue readye and in order.

BEcause that instrumentes and meanes, bee those that make al thinges come oute of the workemans hande with a perfection: therefore to the intent that when time is come to beginne a worke, you be not vnfurnished, or sustayne domage for lacke of thinges necessary: Fyrst, let your coales be of stronge wod, ponge and drye, your crosets or melting potts without clefts or chappes, and of graye coloure, which commonly are better than the blacke, or whyte, you muste haue a lytle paper or passed bourde to geue it a vente ouer the mouthe of the croset, whiche is vncouered for certaine cause: a cane or reede to blowe awaye the ordoure and fylth out of the croset, a thing easier than with a payre of bellowes: an yron with a hoke, for to take the coales out of the croset or melting pot, and lykewyse a payre of tonges: a presse of wodde to kepe faste and sure the fournies or mouldes in pourynge in the metall: two li-

tle tables or moze of walnut tree wodde, or bore, or of some other harde and massiue wodde, or ells of copper made very euen and equal on euery syde, for to tourne the mouldes, and to kepe them steddye: two pieces of wolle, or moze, to the intent, that if in fastenynge the mouldes in the pzesse, they be not equal and euen with out syde, these pieces may fil vp the empty place: a compasse and a rule for to part and deuide the casting holes and pipe wherein the metal must runne: an yron made lyke a scraping knife or rasour, sharpe at the ende, and edged at the sydes, suche as gilters do vse to make euen the casting holes or pipes of mouldes, the whiche wyl serue to make the breathing hooles and pipes that the vapour goth oute at whan the worke is made, and hauinge no suche instrument, you maye make them with a knife as handsomely as you can. You must also haue ready a lytle oyle and turpentine in a dishe, with a litle paper, or some piece of linnen clothe to wette in the sayde oyle and turpentine, and to burne it, for to parfume the fourmes and mouldes whan they be wel wiped to the intente the metal maye runne the better. And because that sometime such parfume filleth vp the holownes and engrauing of the worke, you must haue a hares foote to wipe awaye the superfluitie of it, and also for to swepe together the dust, to thintent it fal not whan you wil caste anye thynge in the mouldes. And than must you haue a brushe, or rubber of latin wyer, and one of sylke, suche as men make cleane combes with for to rubbe and polishe the worke, before it is fourmed and fashioned, to the intent to pollishe it and dresse a newe, as neede shall bee, whan the worke is caste.

The maner or order that a man oughte to keepe, whan he wyll cast or founde metalles, or anye other thynge.

Fyxte

Fyrste you shal laye the metall or other worke that you wil cast, in a dishe with stronge Vinaigre, salt, and burned strawe: than rubbe it wel w̄ your hande vntill it be cleane: lykewise with a rubber or brushe. Thys doen, washe it in freshe water, and wype it wyth a lynnen clothe. After thys, laye vppon a table of harde woode, or of copper wel polyshed, halfe the moulde or fourme, that is to say the female. And let the middle parte, that is to saye, that whiche is ioyned to the other, be layed vpwarde vpon the table, in whiche thinges thus layed, you shal laye your metals, or the thinge you wil fourme or fashion, and let it be cleane, as we haue saied orderinge it in suche sorte, if there be but one, that it be iuste and directlye agaynste the conduyte or pype, and as lowe in the frame as it maye, to the intent that the pype or cundite may be the longer, and that it maye haue metal ynough. If there be more than one, you shal order and set them on ẏ sides of the fourme or frame, and leaue place in the middle for to make the hole or pipe, to powre the metal in. And yf there be more then two, you must beware that one receyue not the metal of another, but make to euery one his lytle pype or condite, whiche maye aunswere and come iustly to the pype or hoole in ẏ middle. Than take one of the saide fine earthes, wel sifted through a fyne sarse, and whan you haue wel brayed it, put it in a platter or great dishe, to the intente that in handlinge it, there go nothinge out, and you shal moiste it litle and litle, with the water called Magistra miringe it wel with youre handes, and rubbinge it so longe betwene your handes, that wringing, it with your fiste it holde and cleaue together but you must note that I speake of moistyng it, and not of thorowe wettyng it, for it may not wete youre hande in pressynge it, nor cleaue vnto your hande lyke past, but that it onely holde together a litle more or lesse then dyde flower or meale, and being so wronge in your hand, it may breake in pieces whan you touche it with your fingar. And hauinge thus brought it to a fourme, lay it handsomely vpon the metals

in the fourme or mould, with thendes of your fingers, and than with your hand wringe it, and presse it harde downe, not sparinge, to presse it well, in putting vpon it the other lytle table, and pressing it down with your handes, as hard as you can, yea with all your might. Than with a cutting yron with a right and euen edge and with a ruler made iuste, you shal linsate and make equall the saied fourmes, cutting away handsomely, ỳ earth that passeth ouer the saied moulds, and so laye them vpon one of the pieces of wolle, and then the litle flat table, then you shal take with both your hands the two litle tables, aboue and beneth, & holding them fast together, turne handsomly the moulds vpside down, and taking awaye the lytle tablet table, you shal se vnder the metals, in lyfting it vp, yf there be anye earth entred in, if there be, you must take it awaye with the hares fote. Then, setting the other parte of the fourme or moulde in his place, you shall fyll it with the same earth, pressinge it well, as before, and making it euen and equall with the yron.

Afterwarde, with the poynt of the yron, you shall lifte vp a lytle, at one of the corners, halfe the moulde or fourme, and take it of fayer and softly with your hand, and take out the metalles nimbly, touchinge them a litle round about, with the point of a smal penne or quil, if at the first they will not come oute, turninge downeward that part of the mould wherin they did stick whã you opened it. And if yet they will not come oute, strike them a crosse with the point of a knife, vntil, that turninge downeward the moulds, they come out. And if in case they be not wel printed, according to you mind you may put them agayne into theyr place, and presse theim againe: and haupnge set on both sides the twoo pieces of wolle, and the tables, close them in the presse. Fynally, with the saied shauer, or sharp yron, make the sayed pypes or conduites holowe, compassinge theym with your compasse, and rule, in suche sorte, that they come iuste and equally: than shall you trimme them so againste the fyre for to drye, tourning them sometime,

vntill

tempered or wet in vyle, and Turpentine, and beynge set on fire, smoke it, and if there remaine any superfluous thing, wipe it away w̄ the hares fote. Then ioyne them together againe, and hauinge layde to them the wolle, & tables, wring them a litle in the presse, and in the meane time hauing made ready and molten the metall (if it be siluer or white copper, it is knowen by the shining of it, & clearnesse in the melting pot: and yf it be tinne, by casting into it a stone, or some paper, and that it burne it) you shal cast it, & the thing shal go wel without any other helpe or aide, for to make it runne, sauinge that after the tinne is molten, put in a lytle, ỹ is to say, a twentith part of sublimatum in respecte of the whole quantity, & one eyghte part of Antimonium: for beside that these thinges make it runne wel, they harden it and make it sownde well.

Then the mouldes beinge colde, take out handsomely the metalles: and whan you will caste other, you must parfume and smoke the mouldes again: and then presse them, and so cast your thinges as before, and so it as often as you thincke good. And if you se that the mouldes be not broken, and that you will kepe them for another time, you maye laye them in a drie place, and they wyl kepe wel. Finallye, the saide earth taken out of the mouldes, brayed and sifted, will be alwayes better to serue your tourne. The metalles so caste, are sodden againe afterwarde, and ware white, so that they be not of Tynne, Also you maye geue to all these metalles what colours you wyl, as we wil declare more at large hereafter.

¶ To make a white, to blaunche and make white metalles, or other thinges newly molten, and also for to renewe metalles of olde lyuer.

TAke the metalles, or other thinges newly founded or molten, or elles the olde ones that you wil renewe, and laye them vppon the coales, tourning them often, vntyll they ware of a graye coloure, than

rubbe them with a brush of copper wyer, putting them afterwarde in this white colour folowing.

Take salte water of the sea, or common water salted, with a handfull of baye salte, wherin you shall put the lees of white wine, and Roche Alome rawe.

Boyle all this in a panne leaded: and if the worke be of copper, made white by anye sophistical substaunce, you shall put to it these thinges folowinge, that is to saye Syluer beaten, or Siluerfoile, the weight of a Spanish Reall, Sal Armoniacke, wayng three times as much Salte Peter the weighte of fiue Realles. All the sayed thynges beynge put in some pot of earth, with a couer hauinge a hole in the middes, set them in the middle of the fyre, couerynge it wyth ashes and coales vp to the necke, and leaue it there so, vntill all the humoures be breathed out, then let al coole againe, and beate it into pouder very small. This doen, take an vnce of this substaunce, or somewhat more or lesse, and boyle it in the sayed white confection of the Salt water, onely halfe a quarter of an howre, puttinge in the metalles, or other workes. Then poure out this water with the metalles into cleere and luke warme water, and after rubbe the metalles with the Tartre or lees, and other thinges that remayne in the pot: and hauinge washed them wel with freshe water, wype them drie.

¶ To gylt yron with water.

TAKE well, ryuer, or conduyte water, and for three pounde of the same, take twoo of Roche Alome an vnce of Romayne Vitriolle, the weight of a penny of Spanishe greene three vnces of Sal gemma an vnce of Oxymente, and let all boile together: and whan you se it boyle, put in lees called Tartre, and bay salte, of eche of them halfe an vnce, and whan it hathe sodden a lytle while, take it from the fire, and paint the yron with al, than hauinge set it in the fyre to heate, burnishe it, and it is doen.

The

¶ The lyke another waye.

TAke Oyle of lime foure vnces, Tartre or wine lees two vnces, the yelkes of egges hard rosted and stãped, two vnces, Alco cicotrinum, an vnce Saffron a quarter of a dragme curcuma the eight part of a dragme. Boile al these thinges together in a new earthen pot a good space, & if the oyle of lime couer not al the said sub staunces put in more water vntyll there be sufficient, then anoint your yron w̃ this mixtion, hauing first burnished it, and so shal you make it of the colour of golde.

¶ To gylte yron with golde foile, and water, or elles with golde mixte with Quicke Syluer, as goldesmythes are wont to gilte syluer.

TAke Romayne vitriole an vnce, roche Alome, two vnces, salte Armoniacke an vnce: all these thynges beynge well beaten in poulder, and boiled in common water, take your yron well burnyshed, and wet it wyth the sayed water, rubbinge it well: than lay on your goldefoyle, and let it drye by the fyre. This doen, burnishe it wyth stone Hematite, as men are wont to do, and it wyll be verye fayre. If you will gilt with golde mixt with quicke syluer, as goldesmithes vse to gylte syluer, you shall adde to the sayed water a dragme of spanish grene half an vnce of Sublimatum, and let it boile al together, than put your yron to boyle in the sayed water: but if it be so greate that it cannot go in, rubbe it wyth the sayed boylinge water, and heate it, that it maye receyue the Amalgama of the quicke syluer and the gold, the whych Amalgama we haue taughte you to make in the fift boke, in the chapiter of mingtinge or mixinge golde. And whan you haue heated the yron, gylt it with the same golde so mixed with the quicke syluer, and smoke or fume it at the fyre with a lampe or with Brimstone, as goldsmithes commonly do, or rather with ware wherof we wil hereafter shew you a very good maner and waie, and better then that

is vsed in Germany, or in any place where it hath hytherto ben vsed.

¶ To dye or coloure into the colour of brasse, or also to gylte Syluer, whiche sheweth better, and continueth longer.

It is a thynge moste certaine, that golde set vpon whyte yron or syluer, sheweth not so fayre as vpon Brasse: for as sone as it begynneth to weare a lytle, men maye see the whyteneesse of the yron or syluer, whyche is not so soone seene vpon anye redde coloure. Therefore many practicions, whan they wyll gylte anye woode, or other thinge, laye the bottome or grounde (not of redde, as the most part do) but of yelow to the intente that the golde shall not so soone appeare worne, as vpon the redde, and more vpon the white. The sayed yellow can not be laide vpon yron or syluer but leauing all this aside, whan you will gilt syluer, or gene a colour of brasse vnto yron, you shal do after this maner. Take verdet, or spanishe greene Vitriol of Almain, & salt Armoniacke, at your discretion, but let the Vitriol be of a greater quantity thā the other thinges: put all this well beaten in ponder into stronge Vinaiger, letting it boile halfe an houre. And when you haue taken it from the fire, while the substaunces be yet boilinge, you shal put in your yron that you will coloure, coueringe well the pot with his couer, and with cloth vpon it that it vent not out, and so let it coole, and you shall haue your yron wel coloured, of a brasen coloure and thus maye you gilte it with quicke syluer, as yf it were brasse. Esteme this as a goodly secrete, and also profitable.

¶ A water or colour to lay vnder Diamondes, as well true as counterfeite, that is to say, made of white Saphyres, as we wyll declare afterwarde.

Take

TAke the smoke of a candell, gathered together in the bottome of a Basen, and make it into a dowe with a lytle Oyle of Mastiche: than put the sayed mixtion vnder the Diamonde in the ringe, where you wyll set it.

¶ To counterfeyte a Diamonde, with a white Saphyre.

THys Secrete is knowen welynough of the Jewellers, that vse almoste all one maner indifferent good: but we (after we haue described theyr fashiō) wyll shewe you awaye farre better. They take a Saphire of a good whyte colour, and set it in the fyre in a Goldesmithes croset amonge fylynge of yron, or of Golde, thinkinge because it is of greate value, that it is better for suche a purpose, but yet the fylynge of yron is a great deale better.

They let this fylinge or rubbysh of yron become almost redde, without meltinge it, and cast their Saphire into it, leauing it therein a prety whyle. And after they haue taken it out, if the white colour like a Diamond do not like them, they cast it in againe, and so often, tyll they se it be to their fantasie, than they set it in a ringe, and colour it as before. Nowe here followeth another waye a great deale better. Take white smalt well beaten in pouder, and mingle it with the sayed filinge of Golde, or yron, but so that there be as muche smalte as filing, then take a litle other smalte without filing, and make it into dowe, with your spettle, & in this dowe wrappe your Saphire, and let it dry well at the fire.

This doen, tye it at the ende of a small and fine wyer, and leaue the other ende so longe that you may plucke it out when you will. Afterwarde couer it with the said filinges, and blaue it so on the fire a certaine space, vntyl the filinge be very hote, as is afore sayd but so that in no case it melt: than plucke out once your Saphire, to se if the colour please you, if not put him in againe, vntill it be faire to your minde.

To

¶ To ingrosse thinne Balleses to set in ringes.

YF you haue Balleses as thinne as paper, dresse them of what greatnes or largenesse you wyll, and take a piece of fine Cristall coloured lyke a Balles: then take a greate grayne of Mastick, the whyche you shall sticke vpon the poynte of a knyfe, and heate it well agayne the fire, & sodaynly it wil cast oute a litle droppe like ỳ teare of a mans eye, hauing a lustre like a pearle with the whiche droppe, glewe on the sayed Balles vpon the Cristall, and feare not that it will gather to a lumpe, or hinder the colour: Then polliche it, and geue it a lustre, and so set it in golde, and it will be very faier and seme to be verily a Balles.

¶ To make Rubies of two pyeces, and Emeraudes, as they make them at Mylan.

TAKE the droppe or teare of Mastick, whereof we haue spoken in the Chapiter before, and yf you wyll make Emeraudes, you shall colloure it with Spanyshe greene tempered and anyngled with Oyle, puttynge to it a lytle Mare, yf neede be, and yf it be thicke, temper it with water: But yf you wyl make Rubies, take Gomme Arabicke, Alom succarine, rawe Roche Alome, as muche of the one as of the other, and let it boile al together in common water: than put into the said water some Brasill cut small, and let it seeth, putting to it some Alome Catine so called, because it is boyled in a caudron, of the which the more there is, ỳ darcker it wil be: then take the drop of Mastick aboue said, and colour it with the said redde. This doen, take two pieces of Cristal dressed and trimmed with the whele of what fashion and greatnes you wyl, so that the piece whiche you will laye vppermost, be not so great as the other vnderneth, that is to saye, the one dressed vpon the other, as the naile vpon the finger, iust on euery side. After this laye that vnderneth, vpõ a litle fire pan, or some other instrumente of yron

on

on the coales, that the saied Cristall may be very hote, and than touche it vpon with the saied redde, droppe or teare, whiche you shall take vppon the ende of a sticke: but it must be so hote that it may droppe downe the better: and whan you see that the saide piece of Cristall is coloured ynoughe, you shall take the other lesser piece, that muste be set aboue, whiche lykewise must be hote, and set it vpon the sayed droppe, and it wyll conglutinate and glew together the two pieces of Cristal, without causinge any thicknesse or let vnto the lustre of the Rubie, the whiche will be cleare and bright on euerye syde. Afterward set it in your ringe, settinge to the Ruby the redde leafe, and the grene to the Emerandes, as we wil teach you hereafter how to make the said leaues, for al kinde of stones, as wel fine, as artificiall.

¶ To make a paste or dowe for precious stones, as Emerandes Rubies, Saphirs, and such like, which be but of one piece, well coloured within and without.

TAke potters lead burned, iii. vnces, and put it in as muche water as will couer it a finger or two highe: then stirre it with your finger, letting it go downe to the bottome. Afterward poure out the water, whiche wyll serue for to wet wythin syde the earthen pot leaded, to thintente that the mattre cleaue not to the sydes of it, wherin you put al the substaunce. Than take other iii vnces of Vermillion dried, and mingle it with the sayd leade, then an vnce of Cristall calcined and burned, or elles of a Calcidonie stone, with. xiiii. or. xvi. carattes at the most, of Rubricke, or sparkes of Copper. Al these thinges wel stamped, and mingled together, you shall put in a pot of earthe leaded, well wet within with the said water of the lead: than couer it and set it in a glasse makers furneis, by the space of thre or foure daies, and you shal haue a very fayre paste or dowe, the which you may cause to be dressed with the wheele, as you wil. At Venise men bie the stone for a grote or fire pence at the most. And for to make yellow stones, you shal put to it

the

the ruste or rubbishe of yron. And to make Rubies, put to it Cynople or redde leade: and in those that be of colours, you shal folowe the order that we wyl teach you hereafter.

¶ To make Emeraulde, and other stones or Iewelles.

TAke Sal alcali, and dyssolue it in water, distillinge it thoroughe a felt, and dryed it, then dyssolue it agayne, and dryed it so three times, afterward beat it into pouder: then take fyne Cristall, and cause an Apotycarye to stampe and syfte it for you, as they doe Cristall prepared. Then take two vnces and a halfe of the sayed Cristall, of Sal alcali, two vnces, Spanish greene an vnce, fyxte tempered and steped in Vinaygre, and than strained. The sayd three pouders, you shal put in a vessell, as in a newe earthen pot leaded, the which pot you shall lute and clay ouer, and rouer it that it take no vent, then leaue it so clayed and luted the space of three dayes, the longar the better, vntil al be thorowe dry. Afterwarde, you shall put it in a potters furnes, the space of. xviii. houres. Then take the sayde composition, and dresse it as men do fyne stones, and you shall haue them excellent. And if you wyll haue Rubies, put Cinople to it, in steade of Spanishe greene. If you wyll haue Saphirs, put to it Lapis Lazuli. But if you wil haue Iacinthes, you muste put in Cozall in steade of greene Verderame, as is before sayed.

¶ To calcine or burne Cristall and the calcidoyne stone, to put in the sayed mixtions of precious stones.

TAke Tartre calcined and burned an vnce, and dissolue it in a dyshe full of cleare water, then strayne it out, and take the pieces of Cristall, or Calcidoin stone, and beate them vpon the fyre in an yron ladle or fyre panne: than quenche them in the water that is in the dyshe: take theym oute, and beate theym agayne, and quenche theim as before in the same water, doinge so

so syre or seuen times, and they shalbe very wel calcined and burned. Then beate them finely into pouder and put it into the said mirtion. Neuertheles remember that if you wil make Emeraudes you must beat ỹ said substaunces to pouder in a brasen morter: But if you wil make Rubies: or other you muste stampe them in an yron morter, and beware that they touche not the brasse.

A water to harden the sayde stones.

BEcause that al the sayde artificial stones are commonly brittle, for to harden them doe as followeth. Take lytle pieces of Calamita, and calcine them as you did the Christal: then beate them into pouder, and put it in a moyst place vntil it be tourned ỹ dissolued into water, with the whiche you shal knede Vitriole Almaine or Romaine, raw without makynge it redde: than make thereof a softe paste or dowe, or els a syroppe, whiche you shal stil in a glasse or Viol with a croked necke, or in an vrinal, and with the water that commeth of it, you shal knede barley flower, making a harde paste, in the whiche you shal wrappe your masse of stones made as is before said or the stones self whan they be dressed and fashioned with the whele: then put them so wrapped in the same paste, into an ouen with a bache of breade and take them out with the breade. And whan you haue taken of the paste, you shal fynde your stones harde, as if they were natural. If you se it be nede, you may couer them with the sayde paste, and bake them agayne in an ouen, and than shal you haue them parfite and harde.

To calcyne fyne syluer.

SEYNGE that we are entered into the matter of calcininge, we wil shewe you the calcination of fine siluer, and than of Malchum, as we haue promised before.

There

There be diuers wayes of calcininge syluer, whereof we wil put here thre of ẏ best. Take fine siluer beaten verye fine & thinne, then cut it in pieces as bigge as a Spanishe rtall, or more or lesse, for it maketh no great matter: then take a croset, or an earthen pot, & lay in the bottome of it a rancke of common salte, not white, nor prepared or trimmed to eate, but euen as it cometh out of the salines or salt panne, and it must be stamped very small. Upon this salt you shal laie likewise a rancke of the said pieces of syluer, and then another of salte, and another of siluer, and so consequently as longe as your syluer lasteth, in such sorte, that the last rancke may be of salte, and that good and thicke: then couer all thys wyth a paper, lutinge and clayinge well the croset, or lytle earthen pot, and leauynge a lytle hole in the coueringe the biggnesse of a goose quill. And when it is dry, couer it ouer, and rounde aboute, with coales and embers, and leaue it in suche a fire, at the least three or foure houres: then hauing taken it out, and all beynge coole, open the croset, and take out the pieces of Syluer one after another, makinge theim cleane that the salte stick not vpon them. And if you perceiue that they be so brittle that you may breake them with your finger, like a cruste of bread, it is done & made: if not put them again into the croset or pot, setting them in the fire as before. And to make it perfitly you ought to do this three times or more. This doen, make your siluer into pouder, and wash it in a dishfull of hote water, & let it sincke to the bottome. After straine out ẏ water so handsomly, that you lose no part of ẏ said pouder: or to auoid al daũgers passe it thorow a felt: this doen put other hote water to it, & straine it out as before, so often tyl you may know by the tast of the water, that al the salt is purged away. Than shal your siluer be well calcined, & diminished of the weight dried and become frõ his nature into a wastik part, & somewhat like vnto gold. Thus wil it serue you for diuers things, if you can dresse it wel. The like is done with Talcum in steade of common salt: but than you nede not washe it in hote water. Some calcyne it

with

with Salt or Malchum. iii. or. vi. tymes, and more, to the intent to haue it more massiue and sounder, and more commodious to take colour. It may be also doen in this maner, that is to saye, to melte the syluer in a Goldsmithes meltynge pot, and for euerye vnce of the same, to put in a pound or more of Brimstone stamped and that litle and litle. True it is, that so it wil consume more than by the salte, or Malchum, but it shalbe farre better if the Brimstone be fyrst purged in stronge lye (that is to say, made with stronge ashes, and quicke lime, or such lyke thinges.) Nowe let vs come to the other maners of calcining siluer.

The seconde maner of calcinyng syluer.

TAke Aqua fortis seperatiua, made wyth Salte Peter and Alome, as we haue before declared, than take fyne Syluer, fyled or pollyshed, or beaten into leaues, or made in smale pieces, or graynes, that is to saye, of the sayde Syluer one parte, and of Aqua fortis, three partes and haue the sayde water in a viol: then put in the saied siluer, and you shal see it wil incontinent beginne to boyle, and that the bottome of the viol wil bee hote if the water be good. Let it so boyle, vntil it boyle nor eate no more, holdinge still the viol in your hande, or setting it in some place farre from the fyre. But if the water be not stronge, you must set it a litle to the fyre, holdinge still the viol in your hande vpon the embers, or elles you may set it vpon a fewe ashes, or vpon some litle furneis. And whan it hath left boylinge, and eaten all the syluer, you shal see the water ware greene, so that there shall remayne no siluer in the bottome: if that the water were well calcined and burned: for than it would make as it were white lime at the bottome, or if there were any golde in the siluer it would make it descende to the bottome in litle round pieces like pearles or lyke sande. Nowe after that the sayd siluer is dissolued, and eaten of the sayde Aqua fortis you shal take another viol bigger, or an vrinall, or ear-

then

then pot half ful or more of wel or riuer water, where into you haue dissolued, and haue in a readines a good handful of common white salte: then let the sayd water be strained two or three times. This doen, you shal powre the aqua fortis whiche dissolued the siluer into the salte water, leauinge it so the space of foure or fiue houres: then shal you finde at the bottome as it were a bedde or bancke, whiche shall bee the Siluer dissolued, and the Salte: aqua fortis, and also a part of the common Salte that you put in. Afterwarde distil the sayde water by a felte, and take the Siluer that is so discended to the bottome, and put it in a croset couerynge it wel, to the intent there fal no ordure nor filth into it: than burys and couer it ouer and ouer in hote burninge embers, couering it wel also with fyre, that it may burne the space of. iii. houres or more. Finally let it coole wel againe, and powre the siluer oute of the croset, into a disheful of hote water, stirring it a lytle together with your fingar, & than let it rest: and after powre out fayre and softly the sayd water and put in other, doing as before, vntil the water ware no more salt: thys doen, let the siluer drie, whiche shalbe verye wel calcined for to serue your turne in any thing that you wil.

The thyrde maner of calcynynge Sylver.

YOu shall mixe together into dowe or paste called Amalgama, one part of Siluer leaues, with three or foure partes of quicke Siluer, as we haue declared in the fyfte booke, in the Chapter of the maner howe to brayse golde: then bray this Amalgama, or past with common salt, and set it to the fyre vntil the quicke siluer be vanished away, afterward washe it with hote water, so much and so often, that the water be no more salt, then shall you haue your Siluer calcined. After thys if you thinke good you may braye it againe with other salte, without other quicke siluer: and then put it to the fire in a croset, three or foure houres, and washe it again, as is afore sayde.

To

To calcine Talchum quickelye out of hande.

BEcause that Talchum is a thinge of so greate importaunce, and so muche desyred of all good wittes men haue founde diuers wayes to calcine it, the which teache vs that we must put to it twise as muche Salt Peter as common Salt, or rawe Tartre with the Talchum, and than put all this in a furneis certayne dayes, and than to seperate the sayde Salte or Tartre with hote water. Other heate it vpon the coales, and quenche it in pisse, & do it often tymes. Other there be that wrappe it in litle white pieces of wollen cloth, and put it in the middes of a great fyre, the space of half an houre or more, and than they finde it thorowly molten and al in a light piece, and ful of hooles like a sponge, not much differyng from burned Alome. Al the which wayes to say the trueth are nothyng worth, nor do not perfectly calcine it, where they corrupt ỹ nature of the Tartre, and make it become lyke vnto quicke lyme or Alome, or els of litle strength. Nowe for to calcine it out of hand & perfectly you shal take the Talchum raw and made into litle leaues, or stamped as wel as is possible, & than put it in a croset, or in a fayre pan among the hote coles. And whan it is very hote or rather redde hote, you shal put to it drop by drop distilled vineaigre wherein Tartre hath bene dissolued, and put thervnto the thirde part of Aqua vite, powring it by litle and litle vpon the hote lees or Tartre that is to say, three vnces of Vinaigre for euery poũd of Talchum: than take it from the fire, & you shal finde it fayre & wel calcined. Finally you shal washe it with hote water to thintent to seperate the lees or Tartre from it. It is calcioned al so being made in leaues as thin as is possible, layinge them by ranckes or beddes, with litle flat pieces of siluer in a croset luted and clayed, than put them in a furneis where glasse or bricke is made, by the space of foure or fyue dayes. The lyke is done with lytle pieces of Tynne.

¶ An excellent and very easy waye to gylte yron, copper, and syluer, to make it seme like massyue golde.

FYrst yf you wil gilt siluer, or yron, you must giue it the colour of copper, as we haue afore said: than take beaten gold, which you shal mire with quick syluer, and make Amalgama or paste thereof, as is said before, and shal put the said Amalgama in a litle dishe, vpon the which you shal poure ꝑ iuice of a fruite called Cucumis asiniuus, such a quantitie that it maye be aboue the said substaunces a finger high. Kepe this gold thus prepared and trimmed, and couer it, to thintent there fall no filth nor ordure into it, which you may vse and occupy whan you wil. Afterward, the thinges that you wil gilt, must be very cleane, and wel polished, then with a pensell you shal geue them of the said golde so prepared with quick siluer, and as it were dissolued, rubbinge it well all aboute. If you wyll not do so, you maye gylte after the common maner of goldsmithes: yet notwithstandynge wyth golde made into Amalgama, or myxed as is aforesayed, chafynge the worke that you wil gylte wyth Aqua fortis, as they do. Then make the quicke syluer vanishe away, as the goldsmithes of Italy comonly do, that is to say, with a lampe of line seed Oile, and with Brimstone, and make afterwarde a gilt vpon the worke, that is lyke Saffron. But I counsell you to vse this maner in the chapiter folowinge, whiche is partly the same that the goldesmithes do vse, in Fraunce and elles where, but it is much amended, and this is it.

¶ A perfyt maner and waye to gylte, and to make the quicke syluer to vanish away from the thing gylted.

PUt in a pan the rubbyshe or scumme of copper, ¶ the filinge of yron, then poure vpon it stronge Vynaigre not distilled, as much as wil couer it two or thre fingers high. Let it boyle so the space of an houre, then poure out the said Vinagre, ¶ put in other letting it boile as before, and do thus four or six tymes.

After-

Afterward make the sayd Vinaigres put together, to euaporate or drie vp, or elles make it distil oute, for to haue one vinaigre of it, whiche wil be good for manye thinges. This done you shall put vnto the sayd pouder remaining at the bottom, the eight parte of Almayne Vitriole, and as muche of Ferretum of Spaine, and the halfe of an eyght part of salte Armoniacke, with a litle Brimstone: than into a lytle molten ware with a litle Oyle of line, or oyle Olyue, you shall put litle and litle the sayde pouders well mingled together. Finallye take that whiche you haue couered with the sayd Amalgama of golde and quick siluer, and with a pensyl couer and lay it ouer wel with the sayed ware so mixed, than put it, so eyzed, in the middes of hote burnyng coales, and let it burne and consume al the ware. This doen, you shal haue suche a gylt, that it shall be lyke massiue golde. And at the ende you may pollishe it with bzushes of copper wyze and colde water, or you may burnish it as you wyl.

The ende of the Secretes of Dom Alexis of Piemount.

Here foloweth the Table

of all the Secretes contayned in this presente volume.

THE maner, and Secrete to conserue a mannes youth, and to holde backe old age, to maintaine a man alwayes in health and strength, as in the fairest floure of his yeres. Fol.1

To make a precious lycoure, and of inestimable vertue, the whiche taken at the mouth strengtheneth and augmenteth the natural heate and radical moisture, purifieth the bloode and cleanseth the stomacke from al superfluitie of humours: and by that meane conserueth the health and youthe, and prolongeth the lyfe of hym that vseth it. Fol.1

A potion or drinke to be vsed in stede of Syrop, good for men of all ages and complexions, that wil bee purged: the whiche taken what daye you wyl dryueth away the euil humours, withoute mouinge or troubling the good, or doinge any hurt. And is also verye good for the great pockes, and al infirmities, as wel of the stomacke as of the head, and is likewise profitable for them that be in health, to take twise in the yere of an ordinary purgation, that is to saye, at the Spринge and in September. Fol.5.

A very easy and good remedye for to heale al maner of pockes: whiche is made with litle coste, and requireth not that a man keepe his bedde or his house, but maye vse it goinge in the stretes. And it is also verye good for all sortes of griefe in the ioyntes, in what part of the body so euer it be. Fol.6.

To resolue and reduct gold into a potable licour, whiche conserueth the youth and health of a man as wel taken by it self, as mixed with the foresayde licoure spoken of in the.2. chapter of this present boke, & wil heale euery disease that is thought incurable, in the space of.7. dayes at the furthest. Fol.6

To heale an excrescence or growinge vp of the flesshe, within

The Table.

Within the yarde of a man, albeit it were rooted in of a long tyme. Folio. 8.

To heale all maner of inflammation, and euill disposition of the liuer, and by this secrete been healed certaine persones, whiche had their faces as it were Lepzie, greate swollen legges, their handes inflamed, and rough within side. Idem.

To heale the Emeraudes oz Piles, in a nighte, a rare secrete and very excellent. Folio. 9.

A singuler oyntmente, whyche healeth all burnynges with fyze, not leauyng cicatryce oz skarre where it was. Idem.

A parfite and pzoued remedie foz theim that bee weake of stomacke, and can not keepe their meate without vomityng it vp again. Idem.

An excellente remedie wherewyth a woman of thirtie and sire yeres was healed, that had so marred her stomacke, that in the space of twoo yeres and an halfe, she was neuer naturally purged douneward: and as sone as she had eaten any thing, she vomited it vp agayne, so that she became yellowe, and as dzye as a sticke. Folio. 10.

Thzee remedies verie good against the wozmes in little childzen. Idem.

The seconde remedie. Idem.

The thirde remedie. Idem.

To heale childzen of the Lunatike disease, whiche happeneth vnto theim, by reason of a wozme with twoo heddes, that breadeth in theyz bodyes, the whythe wozme, comyng vnto the hart, causeth them to haue such a passion, that often times it killeth thē. Fo. 11.

A remedie foz the fallyng sickness. Idem.

To make oile of Bzimstone, to heale al maner of Cankers, diseases oz sozes, whiche come of a putrified humoure, and renne continually, commonly called Fistules, and also to heale inueterate and olde woundes. Idem.

To take awaye the venime oz poison from a wounde made by some poisoned weapon oz arrewe. Idem.

Against the bityng of all venemous beastes. idem.
To drawe an arrowe heade, or any other yron out of a wounde. Folio.12.
Against a vehement cogh of yong childzen. idem.
For hym that hath a bunche or knobbe in his heade, or that hath his head swollen with a fall. idem.
A good remedy for one that is deafe. idem.
To heale a woman that hath the Matrice out of her naturall place. Folio.13.
To make a womās Wilke to come and encrease. idem.
A verye good Secrete for the Gommes or Burgeons, that remayne of the greate Pockes, as well olde as newe. idem.
Another remedy for the same burgeons of pockes. idē.
A very easy and parfyt remedy for hym that hath anye blowe with a Swozde, Staffe, or stone, or other like thing, yea, though he were greuously wounded. 14.
A water to heale all maner of woundes in shozt space: whiche is a thyng that euery manne ought alwaies to haue in his house, for the accidentes and chaunces that maye fall, seeyng it is easie to be made, and wit littlle coste, and that it is of so merueilous an operation. idem.
To make oile of Saincte Jhons wozte, which is called in Venise, and diuerse other places, redde oile, and is of such vertue, that a manne can skante erpzesse it, as well to heale woundes, as other infinite diseases, whereof we will shewe the moste notable, and those that we haue founde true by experience. Fol.15.
To make oile of a redde Dogge, by the meane whereof (beside other infinite vertues that it hath) I healed a Frier of Saincte Onofres, who had, by the space of twelue yeres, a lame and dzie arme, withered like a stycke, so that nature gaue it no moare nourysheminte. Folio.17.
To make an oyntment the most excellent in the wozld whose vertues are infinite, as we will declare afterwarde whiche princes oughte to commaunde to be made and kepte in their common wealthes: and that it

it shoulde be made in the presence of Phisitions, as Triakle is made, or at the least euery man ought to haue it in his house, and specially because a man may make a great quantity of it, and the longar it is kept the better it wareth. Folio. 18.

A very true and proued remedye agaynste a quartayne ague. Idem.

To heale wartes: a secrete very excellent and easy to be dooen, proued and experimented vppon diuers persones. Idem.

A very profitable and easy remedye to be made against pluresies, whiche in two dayes healed a Smith that was almost dead, & had not slept in. ii. nights. Fo. 21.

Another secrete or remedy agaynste the sayd disease of the pluresie. Idem.

Another goodly secret against the same disease. Idem.

Another against the same disease. Idem.

To make a water good for the brest or stomacke, of the whiche men vse to geue them drinke that be tormented or grieued with the stitche in the side, or pluretik apostumes: the whiche water is of a meruelous good sauoure, and mondifieth very well the breaste or stomacke. Folio. 22.

Against all diseases of the mouth, palate, throte, gummes, and Jawes. Idem.

For all woundes or sores of the legges, be they recent or olde, although the legges were couered ouer with them, and eaten vnto the bone. Folio. 23.

To heale swollen knees or legges, redde, and full of humours: a secrete meruelous good, easye to be made, and of litle charge, and often times proued, Idem.

A very sure and parfit remedie agaynste a Sciatica, ofttentimes proued and experimented in diuers partes of the worlde. Foli. 24.

A water for to heale in. v. daies at the moost all maner of greate scabbes, as well inwarde as outwarde, and is a water cleare and whyte, and of an odorferous sauoure, suche as a manne maye presente to a Quene. Folio. 25.

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Against the disease or greif of ꝯ flankes, and the colick passion, experimented and proued diuers times. Idē.
Another remedy against the same. Fol. 26.
Another parfit remedye againste the same disease, and to make a man pisse that hath ben thre or foure daies without making water, and that in the space of half an houre, and will breake the stone in ten or twelue dayes. Idem.
Another remedye agaynste the stone, and payne of the reynes. Idem.
The laste and mooste excellent remedy of al, agaynst the stone, be it in the reynes, or in the bladder, of what qualitie or quantitie so euer it be. Idem.
For him that spitteth bloude, by hauing some veyne of his breast broken. Folio. 27.
Agaynst the greif in the lunges, and spittinge of bloud a thinge experimented. Idem.
Agaynst the paine of the flankes, of the reynes, and all other greifes. Idem.
Against the stinking of the breath Fol. 28.
Agaynst the bytinge of a madde dogge, and the rage or maddenesse that followeth the manne after he is bitten. Idem.
To take awaye the dead flesshe that cometh or groweth in the nose. Idem.
For one which (with falling from some high place) feareth to haue somethinge broken in his bodie. Idem.
A very good and easy remedy against the disease called the kinges euyll. Idem.
Another remedy against the same disease. Idem.
To knowe whether a woman shall euer conceyue or not. Idem.
A very rare remedye for to take the kernelles oute of a mannes throte in fifty dayes at the furthest. Idem.
Another remedy easier to make. Folio. 29.
A thyng experimented and proued to bee very true, against the same disease. Idem.
To make the skin stretch, and retourne again into his place, after the kernell is healed. Idem

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A very exquisite remedie against the disease, called in Latine Augina, and in Greeke Synanche, whyche is an inflammation of the Muskle of the vnner gargyle, the Frenche menne call it Squinancie, in Englyshe, Quinsey. Idem.
Another against the same disease. Idem.
Another against the sickenesse. Idem.
A very good remedie against the kinges euill. Idem.
To heale the same disease by a substaunce taken at the mouthe. Folio.30.
A heauenly water, whiche hath many goodly and notable vertues, as we wil shewe you after. Idem.
Pilles of a meruellous operation and vertue. against the Sciatica, whiche we promised to speake of, in the Chapiter, of the Sciatica. Fol.31.
A notable secret to heale a madde manne, be it that the madnesse came vnto hym, by a whirlynge or giddinesse in the heade or braine, or otherwise. Folio.32.
Pilles of Master Michaell a Scotte, the which healeth the grief or paine of the heade, be it inueterate or recent, purge the braine, clarifie the sight, cause a man to haue a good memorie, good colour in the face, and be also very good for many infirmities. Fol.33.
Against the paynes of womens breastes, a very excellent remedie. Idem.
To rype a Fellon, Cattes heere, Botche, Boile, or other apostumes or swellynges, whiche haue neede of quicke and sodain ripyng. Idem.
To resolue a Fellon, Cattes heere, Boile, or Botch at the first beginning. Idem.
To make Emplastrum Aureum, which is of a wonderful vertue, for all sortes of woundes. Folio.34.
Another excellent secrete, whiche was brought out of India, and is very good for diuers accidentes of mannes bodie. Idem.
Against al maner of coghes, as well inueterate and old as recent and new, a certain & sure remedy. Idem.
An excellente conserue against the coghe, and all anguishe of the breast, whiche also mondifieth and clenseth

seth the stomacke, causeth a good voice, and a fayre colour in the face. Idem.
A goodly and pleasaunte Secrete to heale the cogh, in rubbyng the solles of the feete: and is a thyng verye easie and certain. Folio.35.
A very goodly and easie remedye to heale, in a daye or twaine, al maner of inueterat & old woundes wherin is growen deade and superfluous flesche, & woundes that can not be cured, by any other medicines. Idem.
Against al maner of pestilence or plague, be it neuer so vehement, a most certain and proued thing. Fol.36.
A very good parfume against the plague. Idem.
Another remedy very good against the plague. Idem.
For him that is sicke of the plague. Idem.
An ointment to make an apostume breake, and the sore of the plague to fal of. Idem.
Another remedy against the plague. Fol.37.
Another very good remedy against the plague. Idem.
Another perfit receipt against the plague. Idem.
Another against the plague. Idem.
A thyng oftentymes proued and experimented against the plague. Folio.38.
A preseruatiue against ỹ plague oftẽtimes proued. Idẽ
Another. Idem.
Another. Idem.
In a suspect time of a plague. Idem.
Another wel tried & proued against the pestilence. Idẽ.
A very parfit secrete against the plague. Idem.
Another very good secrete. Folio.39.
To make a carbuncle and al other botches, apostumes and plague sores, to breake, a presente remedye, and very easie to make. Idem.
A verye good remedys against the markes or spottes of the plague, commonly called Gods markes. Idem.
Against the mortalitie of the Pestilence, a very perfite remedye. Idem.
To make lyttle round Apples or balles agaynst the plague. Folio.40.
An ointment to kill the plague. Idem.

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A very perfite oile against the plague & al poison. Idē.
A meruellous secrete for to preserue a manne from the plague: and hath been proued in Englande of all the Phisitions, in that greate and behement plague, in the yere. 1348. whiche crepte throughoute all the worlde, and there was neuer man that vsed this Secrete, but he was preserued from the plague. Idem.
A very sure and parfyte remedy to cure a manne of the Pestilence, and some there hath been, that haue been cured in a nyghte: the sayed remedye is also good for Goddes markes, and Carbuncles, Boiles, Botches & suche lyke sicknesses, as saint Anthonies fire and suche other. Folio. 41.
A very goodly and present remedy for to heale the pestilence, and drawyng out the venime from the botche, or sore, or other like accident. Idem.
An aduertisement or warnyng of great importaunce, to preserue a man in tyme of pestilence. Idem.
To dresse and order the iuyce of Citrons, for the vse of it, as is aforesaied. Folio. 43.

Of the seconde booke.

TO make oyle Imperialle, to parfume the heere or bearde of manne, to rubbe hys handes or gloues wyth, and to put also into the Lye or water, wherein Prynces or greate mennes clothes are washed, and thys oyle maye a man make with coste inough, and also with little charge or expense. Folio. 43.
To make oile of Ben with small charge, the whiche of it selfe wil be odoriferous or soote in sauour, and very excellent, whereof parfumours doe vse aptly, for to parfume gloues, or other things with al. Folio. 44.
The make an odoriferous & swete water veri good. Idē
The second odoriferous water. Idem.
The third swete water. Folio. 45.
The fowerth swete water. Idem.
The fift swete water. Idem.

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The first swete water. Idem.
The seuenth sewete water. Idem.
The eight swete water. Folio. 46.
The nineth swete water. Idem.
The tenth swete water. Idem.
Oile of Orenges very excellent. Idem.
Oile of Jasemine and of violettes. Idem.
Oile of Nutmegges very perfite. Idem.
Oile of Bengewin, very excellent. Folio. 47.
Oile of Storax very excellent. Idem.
Oile of Myrrhe, good for them that haue their flesh full of humours, and carraine leane, for to make it tractable, quicke, naturall, and strong. Idem.
The maner to make that oiles shall neuer ware mouldie, nor putrifie. Idem.
Poulder of Iris. Idem.
Poulder of Violettes. Idem.
A white pouder to put in litle bagges. Idem.
Poulder of Cypres. Folio. 48.
White Musked Sope. Idem.
An other kinde of odoriferous white Sope. Idem.
To make Damaskine Sope Musked. Idem.
To get out the milke of Macaleb. Fol. 49.
Pouder of Ciuet very exquisyte. Idem.
A principall pouder. Idem.
A white odoriferous pouder. Idem.
A redde pouder. Idem.
A blacke pouder. Idem.
Pouder of Cipre very exquisite. Idem.
Another way to make it very perfite. Folio. 50.
A swete and odoriferous poulder, very excellent to laie in chestes and cofers. Idem.
An odoriferous and swete pouder. Idem.
Oile of Bengewine. Folio. 51.
A very good and odoriferous poulder, to cary aboute a man, or to laye in cofers. Idem.
Balles agaynste the pestilence or plague, whyche also geue an odour vnto al thinges. Idem.
A princely licour. Idem.

Liquide

The Table.

Liquide and soft sope of Naples. Idem.
To make the sayd sope muskt. Idem.
Verye excellent Muscardynes whyche eaten causeth a swete breath. Idem.
Another very excellent muscardyne. Folio. 52.
Dentifrices or rubbers for the teeth, of great perfection for to make them cleane. Idem.
Oyle of Bengewine odoriferous. Idem.
Oyle of Storar Calamita. Idem.
To make oyle of Labdanum. Fol. 53.
Oyle of Nutmegges. Idem.
Another maner. Idem.
A very erquisite sope, made of diuers thinges. Idem.
Sope with Ciuet. Idem.
Sope with diuers and excellent oyles. Fol. 54.
Sope rosat. Idem.
White sope of a good sauour and odour. Idem.
Perfect sope. Idem.
Whole and massine blacke sope. Idem.
Damaske parfume. Idem.
Another parfume of damaske. Folio. 55.
An excellent swete suet or oyntment called in French and Italyen pommade. Idem.
Another swete oyntment. Idem.
Another of the same. Folio. 56.
Excellent Ipocras. Idem.
To make litle cusshins of parfumed roses. Fol. 57.
Matches or litle lightes of a very good odour. Idem.
A composition of Muske, Ciuet, and Ambergrise. Idē.
A parfume for a chamber very excellent. Idem.
Sope of Naples. Idem.
Perfume for a lampe. Folio. 58.
A shorte perfume. Idem.
An odoriferous perfume for chambers. Idem.
A very good perfume for to trimme gloues wyth lytle cost, and yet will continue longe. Idem.
A very erquysite Cyuet to perfume gloues, and to annoynt a mans handes with. Fol. 59.
Oyle of roses and floures, very parfyte. Idem.

Oyle

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Oyle of Cloues very noble. Idem.
To make an excellent parfume to parfume chambers, Garmentes, Couerlettes, Sheetes, & al other thinges, belonging to any prince. Fol. 60.
Rounde appels or balles to take out spottes of oyle or grease. Idem. To make a past or dowe for swete Beades or Beadstones. Idem.

Of the. iii. Booke.

A Goodly secrete for to condite or confite Orenges, Citrons, and al other fruites in syrop, which is a notable thyng. Fol. 61.
The maner how to purifie and prepare honnie, & sugre for to confite Citrons & all other fruites. Idem.
To confite Peches after the Spanishe facion. Fol. 62.
To make conserue or confyture of Quinces, called in Latine Cotoneatum, cidoniatum or cidonites, as thei doe in Valence, in Englishe Marmelade. Idem.
To make a past of suger, whereof a man may make all maner of fruites, and other fyne things, with theyr forme, as platters, dishes, glasses, cuppes, and suche like thinges, wherewith you may furnyshe a table: and when you haue done eate them vp. A pleasaunt thing for them that sit at the table. Fol. 63.
To make a confection of Melons or pompones. Idem.
To make Melons and pompones sweete and verye delicate. Idem.
To confyte Orenge pilles, whiche maye be done at all tymes of the yere and chiefely in Maye, because than the saide pilles be greater and thicker. Idem.
To confite Walnuttes. Fol. 64.
To confite gourdes. Idē. To confite cherries. Idem.
To make litle morsels as thei vse in Naples, an exquisite thing, for thei be very sauourous, do confort the stomacke, and make a swete breath. Idem.

Of the. iiii. Booke.

An

The Table.

A Moost odoriferous and precious water, wherewith a man maye wete or bathe anye linnen clothe, to wype or rubbe the face, which wil make his flesh whyte and well coloured: and the more a man rubbeth his face with it, the fayrer it is, and also continueth fire monethes, a thing experimented and proued, yea and it were for a Queene. Fol.65.
To make a water that wil make a white and pale persone, wel coloured. Fol.66.
A very good water, to make the face appeare of the age of.xx.v. yeres. Idem.
A water to beautifie the face, and all other partes of the bodye. Idem.
A water to make the skinne whyte, and to take awaye the Sunne burnynge. Fol.67.
Another water to beautifie the face, and to make it appeare of the age of fiftene yeres. Idem.
An easye water for Ladies and gentlewomen. Idem.
To make a goodlye lustre, or beautifyinge of the face good for Ladies and Dames. Idem.
To take out spottes, lentils, or pimpels in ỹ face. Idē
To dresse or trymme water of the Vine, caled Lachrima Vitis. Fol.68.
A verye good waye, howe to geue a lustre or shewe, to all distilled water, Idem.
To make a water of whyte Melones, that maketh a fayre skynne. Idem.
To make a very good water of Gourdes, as well garden Gourdes as wylde. Idem.
An oyntment for the face, whiche beyng kept on or vsed continuallye, the space of eyghte dayes, altereth the skinne, and reneweth it synely. Fol.69.
For him that hath naturally a redde face. Idem.
To make Aqua argentata, or syluer water, whiche maketh a whyte, ruddie, and glistryng face: and is made lyke a water, and not lyke an oyntment, that the Dames of Italye, for the moste parte doe vse, although that fewe men make it, as it oughte to bee made. Idem.

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To geue a Gloſſe or Luſtre to the ſayde Sylnered water. Fol.70.
To make an oyntment for the face. Idem.
To make a redde colour for the face. Fol.71.
To make the face fayre. Idem.
To make the face faire another waie. Idem.
To make the face faire. Idem.
To make a water that maketh the face whyte. Idem.
Another maner to make the face faire. Idem.
To take ſpottes or lintelles, or redde pimples, out of the face. Idem.
To take of a ring worme or tetter ỹ runneth all ouer a mans face, called in Frenche, Le feu volant. Idem.
To driue away Lyce. Fol.72.
To make a water that taketh away al ſtaining, dying and ſpottes from the handes of artificers, that get them by worckynge, and maketh them very whyte and faire: it is alſo good for them that be Sunne burned. Idem.
To make a water, that maketh the fleſhe & ſkinne of a man or woman very fayre, and wil bee kept lyke a precious baume. Idem.
A very goodlye water to waſhe the face, necke, and the breaſt, whereof a man may make a great quantitie, for the more there is of it, the better it is: It maketh the ſkynne and the fleſhe of the face fayre, not hurting or deſtroying the teeth, and ſhall ſeeme that the face is nothinge at al holpen with anye coloure, but that it is euen ſo by nature. Fol.73.
To make a very excellent red colour for the face, which is natural and continueth long vpon ỹ face, making it alwayes gaier and fairer. Idem.
Another kinde of redde very good for the face, eaſier to make, and with leſſe coſt. Fol.74.
An excellent whyte aboue al other. Idem.
To make heare as yellow as golde. Idem.
To make Lye to waſhe the head, which (beſyde that it comforteth the brayne, and the memory) maketh the heare longe, fayre, and yelow like golde. Idem.

lowe

The Table.

Lye to make the heare blacke. Fol. 75.
An oyle for to annoynt the heare, which maketh it pe-lowe lyke lyke gold, long & glistryng lyke burnished golde. Idem.
A very goodly way or maner howe to make yellowe a-berne heare, without standinge longe, or nothing at al in the sonne, a rare & very excellent secrete. Idem.
An oyntment to make the heares fal from any place of the bodye. Fol. 76
An oyle or lycour to make the heare fal of, and maye be kept as longe as a man wil: It is also good for al oc-casions. Fol. 77.
An aduertisment or lesson for them that wil make the heare fall of. Idem.
To cause that the heare shal grow no more, or to make them come out thinne & fine lyke the fyrst soft heare or mosines of the face. Idem.
To make a kynde of cloth or plaister to take the heare from the face, necke, and handes, or from anye parte of the bodye. Fol. 78.
A merueylous secrete whiche the greate Lordes of the Moores do vse, whereby they make ỹ their children haue no heare vnder their armes, or other place wher thei wil. And this secrete founde I in Siria, the yere 1521 by the meanes of a lord of the countrey, whose doughter I healed. Idem.
To make a kinde of cloth, called cloth of Leuant, wher-with women vse to colour their faces. Fol. 79.
The same another waye. Idem.
To dye a whyte beard or heare of the head into a fayre blacke. Idem.
A noble and excellent pouder to make cleane the teeth to make them fast and white, & to conserue the gom-mes, a better thinge can not be founde, and it were to present to a Queene or Princesse. Fol. 80.
To make a very excellent conserue to scoure the teeth, to comforte the gommes, and to make a sweete and good breath. Idem.
An aduertisement or lesson concerning the making of

pouders and conserues for the teeth. Idem.
And exceding white & good pouder to scoure the teeth which is meter for lordes and great men, than anye of the other before. Fol. 81.
A distilled water, excellent for to make the teeth white immediatly, & to preserue them wonderfully. fol. 82.
Three aduertisments or lessons of importaunce, to kepe the teeth white and uncorrupt and also a swete breath. Idem.
A decoction to washe & scoure the mouth, to fasten lose teeth, to consolidate and make sounde the gommes, and to make the flesshe growe agayne if it were decayed or fallen awaye. Idem.

Of the .v. Booke.

TO make a perfit Asure, such as commeth from beyonde the seas. Fol. 83.
To make a fine confection of grayne, called Lacca of grayne. Fol. 84 & 85
To die bones into a greene colour. Idem.
Another maner howe to die bones, or Iuorye, into the colour of an Emeraude. Idem.
To die bones redde blew, or of any colour you wil. Idē
A very goodly secrete to die or colour wood, of what colour a man wil, which some toyners do vse that make tables and other thinges of diuers colours, and doe esteme it among them selues to be of such excellencie that one brother wil not teach it another. Fol. 86.
To counterfeit the blacke wod called Hebenus, or Hebenum, & to make it as faire as the natural Hebene, which groweth no where but in India. Idem.
To die skinnes blew or of the colour of Asure. Idem.
To die skinnes in Chickweede, called in latyne Rubra maior or Rubra tinctorum, into a redde colour. Idem.
To die skinnes greene. Fol. 87.
Another way to die skinnes greene. Idem.
To dye the sayde skinnes another waye. Idem.

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Another waye to die skynnes of Asure coloure, and faire. Idem.
To die skinnes redde. Fol. 88.
Another maner to die skinnes greene. Idem.
To dye Neates leather into a greene colour, as wel in gall as in leaues. Idem.
To die skinnes greene with the flower of Ireos. fo. 89.
To die bones in a Turkilye or redde colour. Idem.
To die Hogges bristelles, and other thynges, for to make rubbers and brushes. Idem.
To dye the sayde bristels yellowe, greene or blewe, or any other colour. Idem.
To make Purple whiche is a colour, wherewith men vse to make a coloure lyke golde, for to painte and write with. Idem.
To make Lacca of Brasil. Fol. 90.
To make white tables to write in, with the poynte of a wyre, such as come out of Germanie. Idem.
To make Roset or ruddle. Idem.
To gilte ouer Parchement, Leather, or other suche worke, whiche men vse in steade of hangynges or Tapistrie. Idem.
To dye Crimson sylke. Idem.
To prepare and trimme Brasil, for to make of it feure diuers colours. Idem.
To make Roset of Brasill another waye. Fol. 92.
To make beyonde sea Asure, without Lapis lasuli. Idem.
To make a greene colour to write or paint with. Idem
To braye fine golde, wherewith a man may wryte or paint with a pensyll. Idem.
The same another waye. idem.
Another way with purpurine. idem.
To make a grounde to gylte vpon, wyth burnyshed Golde. Fol. 93.
To laye or settle golde with a single grounde. idem.
Another way to laye on golde. idem.
To make colours of all kinde of metalles. idem.
To laye golde on a blacke grounde. idem.

To lay gold vpon marble, or vpon any table of stone or other Idem.
To make letters of the colour of gold wout gold. Idē.
To make syluer letters without siluer. idem.
To make grene letters. idem.
To make white letters in a blacke field. Folio. 94.
To make a grene colour for to write and paint withall. idem.
To trimme and dresse Asure. idem.
To dresse or trimme Cinabrium, for to write or paynt with. idem.
A ground to lay gold vpon any metall or yron. idem.
To gylt the edges of bookes. idem.
To kepe and preserue whites of egges as long as a mā wyll without corrupting, and without putting Arsenick to it. A secrete not much knowen. Folio. 95.
The maner howe to make the grounde or foundation for Indicum, idem.
Another perfit ground for the same thinge. idem.
A goodly way howe to make gold and siluer into pouder, a thinge easy to be done, and there wyll come of it an excellent colour. This is a very rare secrēt, which hath not ben vsed nor knowē vntil this present. idē.
To make a very fayre Vernir, to vernish the said gold and all other workmanshippe. Folio. 96
To brape or breake gold or siluer easely, after the comō maner that the best workmasters do vse. Fol. 97
To make a lycour, that maketh a golden colour without gold. idem.
Another lycour of the colour of gold, for to wrpte, & to gilt iron, wode, glasse, bone, & other like things. idē.
Another goodly licour, to make a golden colour with litle cost, and is a thing easy to be done. idem.
To make yncke, or a coloure to write wyth, in a verye good perfection. Folio. 98.
A good waie and maner howe to make ynck for to cary about a man in a drye pouder, whiche (whan he wyll wrpte with) he must temper with a lyttle wyne, water, or Vinagre, or with some other licour, and than he

be maye incontinent put it in experience. With the sayde pouder all other yncke maye be amended, be it neuer so euill. Idem.
To make a great deale of yncke quickely, and with litle coste. Fol.99.
To make Prynters yncke. Idem.
To make yncke so white, that although a man wryte with it vpon white paper, it may easely and perfitely be redde. A very goodly thinge. Idem.
To make a pouder to take of blottes of yncke, fallen vpon the paper, or elles the letters and wrytynge from the paper: whyche is a rare secrete, but yet profitable. Fol.100.
To make a kynde of vernisshe, but muche fayrer, and better than that whiche Scriueners do vse, and is of lesse coste, and stynketh not as other Vernysshe doeth. Idem.
To make yncke to rule paper for to wryte by, whereof the writing being drie, the lines may be taken out, that it shal seme ye haue written without lines. Idē

Of the.vi.Booke.

TO sublime quicke siluer, that is to saye, to make common sublime, that Goldsmithes, Alchemistes, & gentelwomen doe vse, & that men vse in many thinges concerning phisicke. Fol.101.
To make cynabrium and therof to make loaues of a hundred or two hundred pounds, as great as a man list: as those are ý come out of Almaine, which secret hath not before this time ben know of any in Italy. 104.
To fyne and renewe Borax. Fol.105.
A good and easy way to make Aqua fortis, better than any other. Fol.108.
The true and parfite practise to calle metalles, and all other workemanshyp, as well in brasse, as in golde, siluer, coppar, leade, Tyn, as of Crystall, glasse, and marble. Fol.109.

The

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The fyrst earth to cast in a moulde all maner of fusible matter. idem.
The seconde earth or sande. idem.
The thyrde earth or sande. Fol. 110
The fourth earth or sande. idem.
The fyfte earth or sande the most parfite. idem.
To sixte earth. idem.
A goodly way & maner howe to make al these earthes very fine and small, & almost impalpable. fol. 111.
To make a water called Magistra wherewith the said earthes to make mouldes is tempered, and moisted againe at euerye castinge or founding. idem.
To make Lutum sapientiæ verye perfyte. fol. 112.
Certaine thinges which he that will take in hande any foundinge or castinge of metalles muste alwayes haue readye and in order. fol. 113.
The maner or order that a man oughte to kepe, whan he wyll caste or founde metalles, or anye other thynges. fol. 114.
To make a whyte to blaunche or make whyte metals, or other thinges newlye molten, and also for to renewe metals of olde fyluer. fol. 115.
To gylte yron with water. idem.
The lyke another waye. fol. 116.
To gylte yron with golde foyle, and water, or els with golde myxte with quicke syluer, as goldsmithes are wont to gylt syluer. idem.
To die or colour into the colour of brasse, or also to gilt syluer, whiche sheweth better, and continueth longer. idem.
A water or colour to lay vnder Diamonds as wel trew as counterfeyte, that is to saye, made of whyte Saphires, as we wyll declare afterwarde. fol. 117.
To counterfeite a diamond w̄ a white saphire. idem.
To ingrosse thinne Balasses to set in ringes. idem.
To make Rubies of two pieces, & Emeraudes as thei make them at Milan. idem.
To make a passe or dowe for precions stones, as Emerauds, rubies, saphyres & such like which be but of one piece,

The Table.

ptece, wel coloured within and without. fol.118.
To make Emeraudes, & other stones or Iuels. idem.
To calcine or burne Christal and the Calcidoyne stone to put in the saide mirions of precious stones. idem.
A water to harden the sayde stones. fol.119.
To calcine fyne Siluer. idem.
The seconde maner of calcininge Siluer. fol.120.
The thyrde maner of calcinynge Siluer. idem.
To calcine Talchum quickely and out of hande. fol.121.
An excellent & very easye way to gylt yron, copper and siluer, to make it seeme like massiue golde. idem.
A perfite maner and way to gylt, & to make the quicke siluer to vanish away from the thing gilted. idem.

The ende of the Table.

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